**#1 – Identify My Desire**

**Clarity Through Contrast Worksheet MY IDEAL CUSTOMER/CLIENT**

|  |  |
| --- | --- |
| **Contrast (What I Don’t Like)** | **Clarity (What I Do Like)** |
| 1. |  |
| 2.  |  |
| 3.  |  |
| 4.  |  |
| 5.  |  |
| 6.  |  |
| 7.  |  |
| 8.  |  |
| 9.  |  |
| 10.  |  |

When I go from what I DON’T want to What I DO Want. The words change, the intention change and the RESULTS change.

**#2 – Identify My Desire**

**Clarity Through Contrast Worksheet MY IDEAL EMPLOYEE**

|  |  |
| --- | --- |
| **Contrast (What I Don’t Like)** | **Clarity (What I Do Like)** |
| 1. |  |
| 2.  |  |
| 3.  |  |
| 4.  |  |
| 5.  |  |
| 6.  |  |
| 7.  |  |
| 8.  |  |
| 9.  |  |
| 10.  |  |

**3.0 Commitment**

Now its time to commit to the foundation of your plan!



**Signed: Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Having defined my intentions for 2016, I commit to pursuing my goals with ‘proactive’ determination.

I will strive to become more self-aware, when tempted by procrastination and distraction; and commit to ‘staying the course’ and doing what’s best for the long term.

If I do not complete a planned activity, or I experience an un-favorable outcome, I will always ask myself “how am I responsible?”

I will invest my existing resources of time, relationships, money and knowledge, to achieve my goals and reward myself when I do.

I give those who care for me, permission to help me on my quest, by holding me accountable to my commitment.

**Commitment Statement**