

12 Week Potential

Imagine how your life will change over the next twelve weeks. Aim for progress that feels bold but within your reach. What fears will you face head-on? What talents will you grow? What knowledge will you seek out? What routines will help—or hold you back? Who will you spend time with? How will you relax or have fun? What kind of home life do you want? What will change at work or with money? How will you evolve as a person? Who are you choosing to become?

This image shows a full page of handwriting practice paper. It features ten identical rows of horizontal guidelines. Each row is composed of three lines: a solid top line, a dashed midline, and a solid bottom line. The rows are evenly spaced across the entire page, providing ample space for practicing letter formation and alignment. There are no margins, text, or other markings on the paper.

The Consequences of Inaction

Though it may feel unsettling, envision the genuine consequences of not honoring your commitments. Picture the most serious yet believable outcome. What does that scenario look like? Who do you become, and how are your health, finances, and relationships affected?

This image shows a full page of handwriting practice paper. It features approximately 10 sets of horizontal guidelines. Each set includes three lines: a solid top line, a dashed midline, and a solid bottom line, providing a structured space for practicing letter formation and alignment. The paper is otherwise blank, with no text or markings other than the printed lines.