

## 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?

## 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?