

**CHANGE DESIRED:  
THE IDEAL SCENARIO**

Date:

Using your "Needs Improvement" sheet, state precisely what you want and start each statement with the appropriate words, i.e. "I am...", "I want...", "I have...", etc. Write statements you can believe, but stretch yourself beyond your current faith. In other words, be optimistically realistic, and err on the side of possibility.

Health	Wealth	Work/Job Satisfaction	Relationships
I am 140 lbs I feel relaxed & confident I play Racquetball 3x/wk I have my Blood sugar controlled	I pay my bills easily and on time I am taking that web building class I have more money than I need I feel financially confident and secure	I am doing work I love I create conflict-free environments I am making...\$... per week I vary my sitting and standing time	I have more time with George I have meaningful discussions I have more variation & fun w/sex I have increased friendships
GOD IS MY SOURCE FOR HEALTH & WELL-BEING	GOD IS MY SOURCE FOR PROSPERITY & SECURITY	GOD IS MY SOURCE FOR FEELING HAPPY & VALUABLE	GOD IS MY SOURCE FOR LOVE & JOY IN MY RELATIONSHIPS