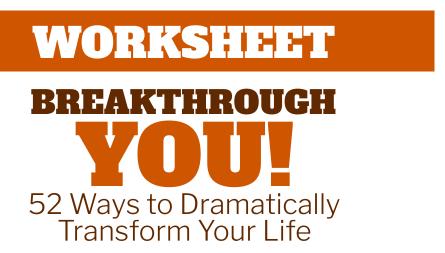
BREAKTHROUGH YOUT

52 Ways to Dramatically Transform Your Life





Even if you want to change everything about your life, you'll have greater success if you change one thing at a time. You might be in a hurry, but it's a more effective way than making multiple changes at once.

Making small changes can give big results! Give it a try and see for yourself.

Answer these questions to gain a better perspective of how to make small changes that will bring you the results you want in your life:

1. How would I describe my finances? What changes in my behavior do I need to make in order to achieve my financial goals?

2. How would I describe my health and fitness? What changes in my behavior do I need to make in order to achieve my goals in these areas?

3. What are my top five goals? What habits should I eliminate to have a better chance of attaining these goals?

4.	What is my single, most important goal for the next 12 months? Why?
5.	In what areas of my life do I need the most work to be happy and content?

6.	Why have I failed in the past? What changes can I make to be more
	successful in the future?

7. What are the primary ways I waste time? Which of these am I willing to give up?