



TAKE CHARGE AND CREATE YOUR OWN FUTURE

RIA TIP #1

Celebrate! You have taken the most important first step towards personal change: you used the **ReFocus Tool** and replaced one of your limiting beliefs with a new – and more empowering – belief.

Now it's time to identify what to do, how and when in order to **turn your ReFocus into reality.**

As you approach this exercise, be sure to put yourself in a positive peak state. Have faith that **you can create anything you want in life.** And be ambitious. Reach for your outer limits of what you believe you can achieve in as little as one week and one month.

Instructions

1. Look at your **ReFocus PDF**. If you followed the Tool prompts correctly, you should have one new Belief (your “I can...” statement in the blue circle). **Write this new Belief on the top of your ReFocus Action Plan.**
2. You should have **four new Supporting Beliefs** (in the blue circles) that begin with the word “I...”. (If you don't, then adapt what you have into four statements starting with the word “I...”). **Transfer these four Supporting Beliefs** to the appropriate sections on your ReFocus Action Plan.
3. Now **identify actions** for each Supporting Belief that will help you achieve those goals. Make sure to think small: identify small actions that you can implement immediately.
4. Don't forget to **share your ReFocus Action Plan with someone else**, so that your commitment becomes more real. (If you prefer to connect with someone outside your organisation or circle of friends, find out how to sign up for a ReFocus Coach **here**).

My new **Belief:** _____

New Supporting Belief 1:**Why is this important to me?****What can I do that will bring me closer to achieving this goal?**

This week:

This month:

New Supporting Belief 2:**Why is this important to me?****What can I do that will bring me closer to achieving this goal?**

This week:

This month:

New Supporting Belief 3:**Why is this important to me?****What can I do that will bring me closer to achieving this goal?**

This week:

This month:

New Supporting Belief 4:**Why is this important to me?****What can I do that will bring me closer to achieving this goal?**

This week:

This month: