

How To Transform Your Thoughts From Wanting To Having

Class Three, **Lesson 1** Worksheet by Aimmee Kodachi

How To Balance Family & Friends

Date: ____/____/____

Please note: This worksheet is designed to be filled in by typing in your answers or by printing it out and completing it by hand. You do not need to do both.

Please DO NOT start watching until you answer the question on this page.

In class 2, you learned about the hidden fears that may be stopping you from living your purpose. In this class, we are talking about the need to balance family and friends with making progress toward your dreams.

ATTN: *the more you FOCUS on what you want, the better chance you will have to get what you want. Write down the one thing you chose to have on your class one worksheet. That will help you subconsciously apply all of the lessons towards what you want to have.*

What do you want in your life that you don't have right now?

Please start writing the steps when the video screen prompts you to do so.

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Step No. 1

Write Down The Step

How can this step help you get what you want?

Step No. 2 A

Write Down The Step

How can this step help you get what you want?

Step No. 2 B

Write Down The Step

How can this step help you get what you want?

Step No. 3

Write Down The Step

How can this step help you get what you want?

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What “Aha!” Moments Did You Experience?

NOTES: _____

Reminder: Sharing is caring. If you enjoyed these classes and found them to be valuable, please consider sharing the first **FREE** class with your friends and family. *You might change their life!*

Here is the link for you to share class one:

<https://bit.ly/2BU6ESp>