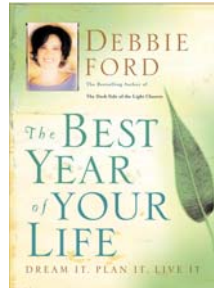


THE BEST YEAR OF YOUR LIFE WORKSHEET

Exposing Your “No Cookie” Zones!



On the journey to the best year of our lives, there will be obstacles: there will be discouraging dead ends; there will be distracting temptations, luring us off the road of our dreams. To ensure that this will be our finest year yet, we must learn how to avoid these pitfalls, which have prevented us from moving forward. Steering clear of the habitual patterns and behaviors that offer us no rewards – the thoughts, habits, excuses and behaviors that keep us from living our best life – is imperative. I call these alluring byways No Cookie Zones, because if we stray down these familiar paths, we will wind up no closer to our dreams than where we are right now. In other words, there are no cookies – no goodies – at the end of these tempting paths!

Use the worksheet that follows to identify your No Cookie Zones and clear your path to the Best Year of Your Life.



1. In which area of your life do you struggle the most or feel the least successful? How would you *like* this part of your life to look and feel?

2. What excuses do you use for why this part of your life isn't all that you would like it to be?

3. What behaviors, choices and habits do you engage in on a daily and weekly basis that are in direct opposition to creating what you say you want?

4. How do you sacrifice your desires in this area in an attempt to please other people?

5. What two behaviors do you engage in that are most destructive to your progress in this area?
