

# Making your New Year resolution work for you

## Questionnaire - What is your outcome?(Chapter 3)

As you work your way through the questions on these pages remember to read the appropriate section of the book to help you get the most from your answers.

What is your goal?

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State the outcome in the positive

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Where are you now?

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What will you see, hear and feel when you have it?

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# Making your New Year resolution work for you

How will you know when you have it?

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What will this get for you or allow you to do?

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Is it only for you?

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Where, when, how and with whom do you want it?

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What do you have now and what do you need to get it?

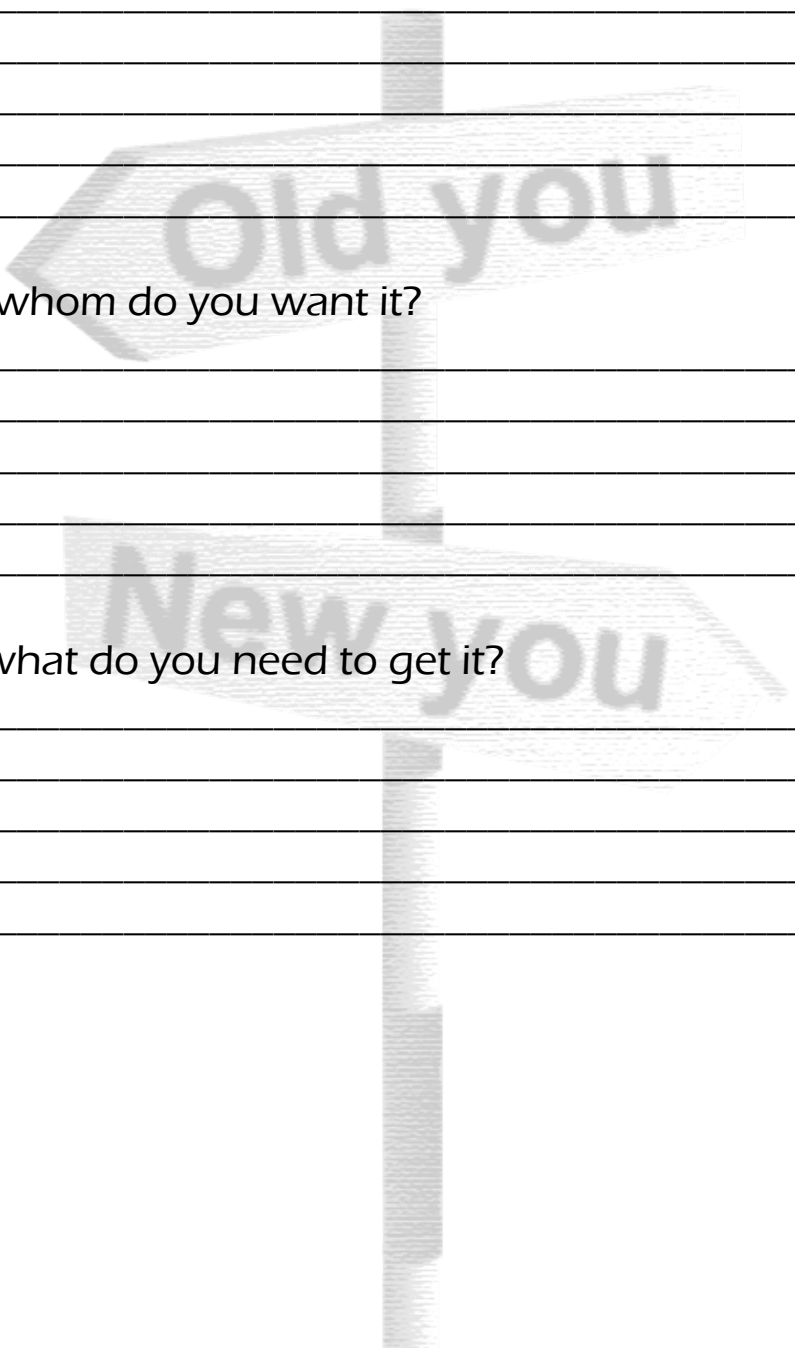
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# Making your New Year resolution work for you

Have you done it before?

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Do you know anyone who has it?

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Can you act as if you have it?

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Ecology

For what purpose do you want it?

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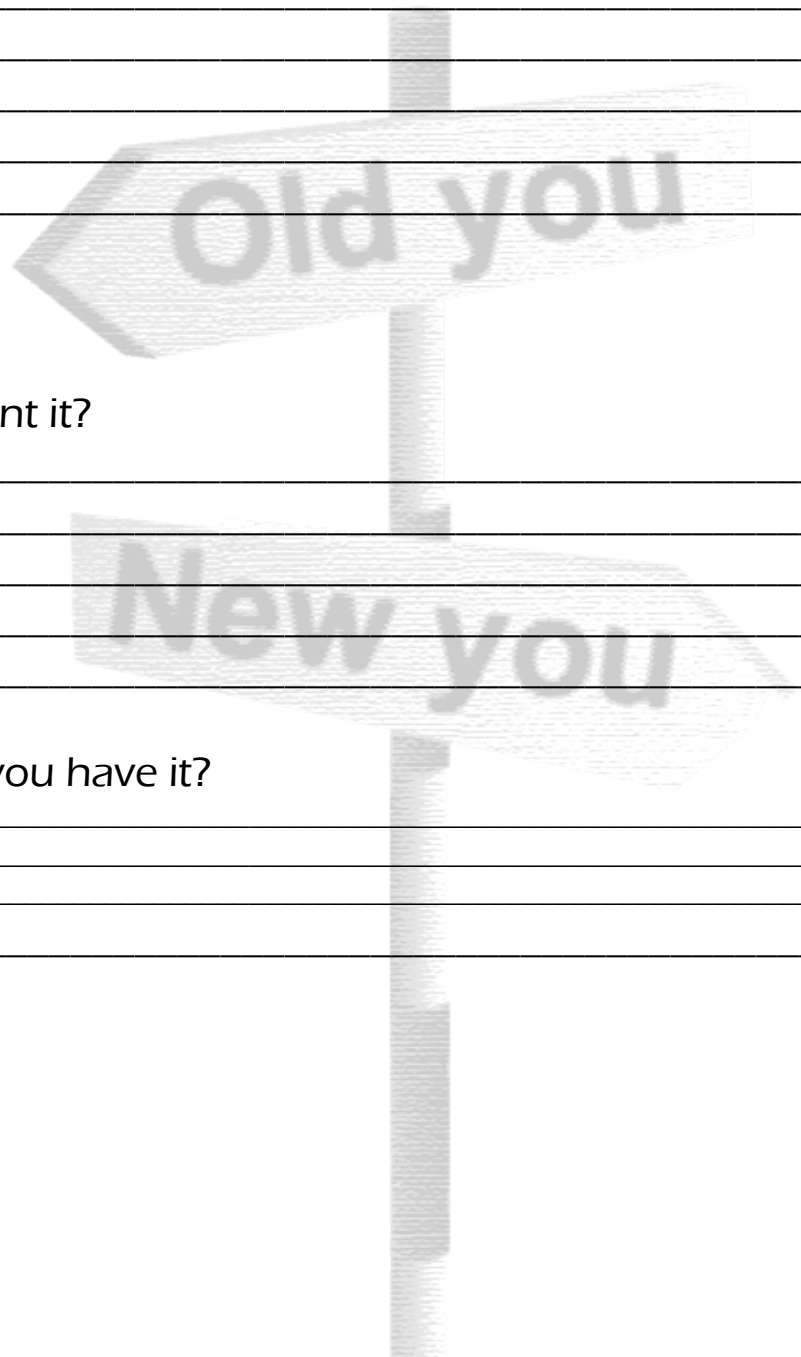
What will you lose or gain if you have it?

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# Making your New Year resolution work for you

What will happen if you get it?

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What won't happen if you get it?

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What will happen if you don't get it?

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What won't happen if you don't get it?

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