

THE 4-BOX EXERCISE

PURPOSE: There are things we know we need to do in our lives in order to get what we truly want. But fear keeps us from doing what we need to do to accomplish our biggest goals. This exercise will help you get clarity in your decision process in life, and business, and help you move past whatever is stopping you from achieving the results you seek.

neighbor

<u>Dreams & Goals</u>	If nothing changes in your life, would you be on track to achieve your goals?	<u>What Kind of Business?</u>	<u>Consequences</u>
<u>Needs</u>	Yes or No	<u>What Size of Business?</u>	Victims
<u>Quality of Life</u>	 Your Decision: Keep doing what you are doing 	<u>How Does It Need to Be</u> <u>Structured?</u>	
	 Do something different 		