

Activity 1



Write down some things in your life that were once dreams, desires, goals that you have already attained. Make sure you include the big and little items, things you may now take for granted - your job, your relationship, your friends, your home, an instrument, a hobby, a car, a family.

Place an asterisk next to the items that at one time seemed impossible to achieve. Now take 2 of your asterisked items and write down the steps you took to turn them into a reality. Was it the work of your RAS, a condition in your life, or a purpose or reason? Are there any patterns that you notice? If so, can you use or work with that pattern again to help you achieve what you want to achieve in your future?

Steps for No 1 - achievement	Steps for No 2 - achievement