

Abundance Coaching Guide to Setting and Achieving your One Word Commitment for the year!

– by Scott Epp

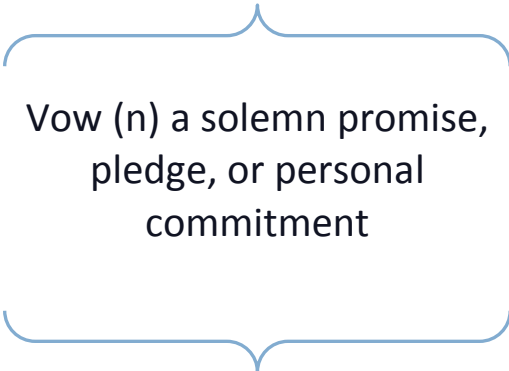
Introduction

In this Guide I will show you how you can achieve your goals in 2014! I will share with you the strategies 3 proven strategies to achieve your goals and a Step by Step Guide to achieving them.

Treat Commitments as Vows

People throw the word “commitment” around a lot more than they realise. You may do it without even realising it. Can you come for dinner on Thursday? No, I have a prior commitment. Or, yes, I can commit to that. Just take a look at the list of commitments you made previously in this chapter. The trouble with this choice of words is that commitments are actually promises. We need to keep them if we make them.

It’s all too easy to say that circumstances have changed, and you can no longer keep the commitments you’ve made. But that just doesn’t cut it. Commitments are not meant to be broken – they need to be treated as vows.



Vow (n) a solemn promise, pledge, or personal commitment

When you make a vow, for example marriage vows, you’re venturing into a serious matter. Situations change within a marriage, within life. But, you’ve given your word that you will stick to someone through thick and thin. Don’t be discouraged if you’re one of many who have previously gotten a divorce. That was the old you. You’ve changed. By simply committing to this program, you’ve committed to standing by yourself – and learning who that person is deep down inside.

You can start with today. Take a look at the commitments you have in place and start treating them with the priority they deserve. Make each one a solemn promise, a vow. And, don’t commit to anything unless you can give it a full 100%.

With that in mind, it’s time to start setting some goals that truly matter to you! You may have tried goal-setting before, but this is different. Now you know that your goals are commitments you make to yourself. And those are vows you genuinely don’t want to break.

Achieving your Goals in 2015 - Commit to 'ONE WORD' this Year!

Come up with One Word that describes what you are going to commit to this year. Yes 'ONE WORD.' It's simple, easy and you can put it up somewhere where you will see it all the time. My word is 'Epic.' My 'ONE WORD' last year was 'Thankful.' One Word is easy to remember, it's something that can stick with you and it is simple. Some people dislike New Year's resolutions but this is different in a lot of ways. You aren't writing down a long list of goals. Let's face it – in many ways New Year's resolutions haven't worked for us. We get big ideas once a year for these grand changes that we want to make to lose weight, get out of debt, go to the gym, buy a car, spend time with family etc and by the beginning of February and we feel like we've failed.

The problem is that when we decide to make changes in our life we need to have consistent plans and actions that match up the change we want to make. That is why consistently setting goals, keeping them in front of us and acting on them is how we succeed. If we only set goals once a year then our goals don't have much chance of success because we haven't conditioned our brain to embrace goals and action with consistency. I know this because for years I either failed at achieving my New Year's resolutions or I only had minor success with them. So the solution is to set goals and be in action as a lifestyle choice. There's more on this later in this workbook however for the immediate I want to shift your attention to the one strategy that will help you achieve major success this year! That is to commit to 'ONE WORD' this year. Now of course you're going to pursue other goals and dreams during the year but this one thing will be your resonating theme for the year.

Now this is how you choose the 'ONE WORD.' This word must come to you first from within you. The right word is already in you, you just have to ask for it and it will come forth spiritually. The word must stretch you, motivate you, work with your current abilities or cause you to raise your abilities. It also must be Radical and it must be the right goal. I describe the *Epp Method of setting SMART Goals* later where I highlight more of how you can achieve your goals. In this case however you're not setting a goal so much as you're setting a commitment to 'One Thing.'

How will you Achieve results with this 'ONE WORD' this year? You are vowing to keep this 'ONE WORD' in front of you throughout the year and to put this word into action. First of all you will put this word up physically throughout your house.

It doesn't have to be fancy but it does have to be visible. The 'ONE WORD' that I have chosen for 2014 is 'Thankful.' And I will share more 'Why' I chose this word in a bit and you can see from the photos that I have put this word up at multiple places. I am often at my Desk so 'Thankful' is posted on the bottom of my computer screen. I am often using my laptop so 'Thankful' is posted on the chassis of my notebook. I of course often go to the door of my office so 'Thankful' is at my door. I posted 'Thankful' on the mirror in my our master bedroom because I look into this mirror every day and when I see myself I'll see my commitment to being 'Thankful.' Other places that would be beneficial to consider putting up your words are: On a wall somewhere that you see it often, on a window, on your bathroom mirror, in your car, on your stirring wheel, on the inside of your closet door, on your fridge, on your calendar, on the background image of your computer, in a picture frame, at your workplace where ever you will see it often and it is allowed. Basically it needs to be in front of you so that you can take action with it every day. Committing to taking action to this 'ONE WORD' can radically transform your life BUT you need to take action in order to achieve your goal.

As I write it is January 8th 2015 and I am looking back at my 'One Word' commitment of being 'thankful' and I am proud of my success with it. I conditioned my brain to automatically look for ways of being thankful. At the beginning

I needed to get into a habit of being thankful because my brain wasn't used to it. I would write down one thing that I was thankful for every day on a large blue bristle board that I put up in my kitchen. At first I thought that I would be keeping this thankful sheet up as an ongoing thing but I actually realized something more powerful had happened to me. After about 3 months I had built a habit of looking at a situation and shifting my attention to how I could be thankful. Now I wasn't perfect at this – just ask my wife ;) But I am amazed at how my mind had accepted the new programming of being 'thankful.' If I was feeling low because of a hard day with work or if I felt uncertain I would almost always see one of my post notes that said 'thankful' and it drew my attention to being thankful. If I had a frustration with my 3 little boys (5yrs old, 3yrs old and 1 yr old.) I would be reminded of how thankful I am to be a dad and have the privilege of having each of my sons. If my wife and I had a conflict I would shift more quickly to gratitude and thanks and that made a massive impact on the happiness in our marriage. I even shifted to thankfulness naturally when my car broke down. Here are a few places that I put my post notes up reminding me to be thankful last year.



How I chose my 'ONE WORD.' As I mentioned earlier I chose my 'ONE WORD' in 2015 to be 'Epic.' And I chose my 'ONE WORD' in 2014 to be 'Thankful.' The reason why I chose 'Thankful' is because it has been resonating in my heart for the last few months and I couldn't ignore it. You could say that spiritually the word wouldn't let me go. Maybe you thought there was some magic formula for why I chose the word. Well, the most important reason why this is my word is because I can't ignore it. When I open myself up and ask myself what word I should choose I knew I needed to choose 'Thankful' as my word to commit to. I then measured it with my *Epp Method setting Smart Goals®*. As you read through the strategy of choosing and following through with your word I will weave in my own case study of my 2014 'ONE WORD' commitment of being thankful.

Spiritual / Stretch

Motivation / Milestones

Ability / Attitude

Radical / Risk

The Right thing

Spiritual / Stretch –

Your word will come through you **spiritually** if you let it. In 2014 when I chose 'One Word' to commit to for the year I was new to Australia and I thought I should choose a word like 'Determination' or 'Drive' because I was at a very important place in my life and having just moved my family from Canada to Australia I felt that it was important to be in action. If I would have just gone for the goal of 'Determination' it may have been fine however looking back a year I know that the word that came to me was the right word because God came through me to stop me and implore me to choose to be 'thankful.' Now I had a resistance to the word at first but I let it sit with me and stir me. I now know that this word is actually the most important word that I could have chosen to focus on and have a transformation with in the year. At first I was just looking for a word that would 'stretch me.' But the word actually came through me spiritually. I believe that if you tune yourself into spiritually knowing that the right word will appear that God will come through you and show you the word. It will mean that you will have to sit with it and probably be vulnerable because the right word for you to commit to will in fact cause you to be stretched. In 2015 I prepared myself to receive my one word for the year 2 months before the year started and spiritually the word 'Epic' came to me. This is a stretch for me as well because to live an 'Epic' life I will need to live an empowered, poetic, impactful and contributing life. Being Epic means that I need to go on a journey and get out of my safe house. It means that I will have to become the champion of my own life and destiny. When your word comes through you spiritually expect it to stretch you. I affirm that this 'ONE WORD' will **stretch** me because I often forget how blessed I really am. I also often get caught up in life and I lose touch with what really matters. This word will cause me to be more humble and release my pride and that is always a stretch for me.

Ok so what's the deal with 'Stretch?' I have seen over time with goals that people either don't set them OR they set goals that don't stretch them. Like a Rubber Band – You must stretch yourself if you're going to live up to your potential. I believe in the human potential and I know that we are created for great things and destiny is written in our DNA. We let fear, doubt, shame, insecurities and more stop us from achieving the amazing things in life. You are going to put a lot of energy and focus into this goal so make sure that it challenges you and stretches your comfort level. Also – make sure that this goal is something you feel great about accomplishing. You need to have a deeper meaning attached to your goal in order to stay motivated with it. When you have a strong 'Why' for your goal you will find that it will be easier to stay on track and see it through to completion.

You may find yourself setting easy goals because you aren't thinking about all of the people that will be impacted as a result of you pursuing and achieving your goal. Ask yourself:

- 'What legacy am I leaving behind with my goals?

I had the privilege of being on a conference call with a woman that shared a story about her dad and his long battle with cancer. He was in his last days, when he looked his daughter in the eyes and asked, "Did I leave you with the right legacy? Did I remind you that you were loved and cared for?"

The daughter was surprised. She thought the father might be more concerned about leaving his family financially secure or leaving the great example of his work ethic for his descendants to follow. But goals don't always follow the most obvious paths. The father's goal in life was for his daughter to feel love and affection. The legacy he wanted to leave was a secure and wonderful young lady that felt the love that he shared. Happily, the daughter could answer, "yes."

When you set goals, be sure your goals represent what is truly important to you. Sometimes we set goals for the wrong reasons and the pursuit of these goals will never carry a lasting legacy, or will not carry the legacy we choose. Achievement doesn't always bring what we think it will. While we still have time here on this earth, it is crucial to evaluate what is really important and make sure that our goals and our legacy are in alignment with one another.

Motivation / Milestones -

Your goal must be motivating for you. When you set a goal, you must understand why you're setting that goal and what your own personal rewards will be. You need to have clarity. You need to understand completely why you are setting each goal, and what the consequences each goal will have on your life, if/when you reach them.

Often we set goals that we THINK we need to set, but do not have the actual desire to achieve. We know that these goals have positive implications for our family, for our relationships, for our jobs, for our children or our friends, so we choose them without thinking about our internal motivations.

Suddenly we don't have a clearly defined WHY. And without that reason, it becomes easy to lose passion for your goal and decide it is no longer your priority. Ask yourself if you have ever reflected on the truest reason you decided to achieve that goal. Most likely it doesn't have as much passion as you wish it did.

You also need to have milestones when you set your big goal. Sometimes we set goals that are too grand to accomplish in one big swoop. While large dreams excite our passion, achieving a large dream takes time and effort. Creating several smaller steps and breaking them into milestones that are achievable can give your efforts structure. These little successes help you create momentum to build greater success in the future. Small steps can allow us to build achievements, experience joy regularly as we celebrate our successes, and use that joy as motivation to push onward to the fulfillment of our big dream.

Ability / Attitude –

Now you need to look at your 'Ability' with your goal. You have the ability to do amazing things. You have been created for greatness and your life is destined for achievement. However there is something that must be said about your 'current abilities.' If your goal is to be a professional tennis player than you need to look at your current ability. You need to look at your tennis ability, fitness level and be honest with yourself. This doesn't mean that you can't be a professional tennis player but it does cause you to look at your current ability with respect to your goals. I often watch 'American Idol' or 'X-factor' and in the beginning stages of the show some people audition who are clearly not at the level of other people with regards to their singing ability. At times the judges have been harsh in their assessment of people's ability but in fairness they are auditioning in a nationwide competition to be the top singer. A negative response to a judges remarks can cause someone to give up on their goal, look at how attainable the goal really is or look at their current ability and assess what it will take to get another opportunity to audition and get a better result in the future. Your ability combined with confidence, the right opportunity, and visibility and commitment will help you achieving your goal. You must look at your current ability and be willing to be judged and take the feedback if it's negative to choose if you are going to continue to pursue your goal and improve your ability or alter your goal. If you are honest with yourself and your abilities you have 3 choices when it comes to setting goals:

1 – You can choose that your ability is not where it needs to be in order to achieve your goal and you can choose to advance your ability by hiring a coach, pursuing education, getting a mentor, practice your craft and more in order to advance your ability.

2- You can choose to not accept that you need to do anything to improve your ability

3 – You can assess the financial, wellbeing, time etc costs that you would need to endure in order to get yourself to the ability that you need to be in order to achieve your goal.

It is your choice whether you pursue one of these 3 options or a combination of them. In the end your results are greatly determined by your current ability. As a coach I am always learning and growing and my ability is advancing in all ways with the new knowledge, experience and wisdom. I am also in a constant state of grown because I am coached by some of the best in the industry and this stretches me and raises my abilities. In the same way I implore you to raise your abilities and take an honest look at how your current abilities effect your potential goal outcomes.

This is where 'attitude' comes in as well. You may have heard the cliché 'Your Attitude determines your altitude.' Attitude is so important that it governs how we look at life and how we feel about our life. Your attitude will be the one thing that you can control when you are up against opposition. Trust me – if you have set a goal that stretches you and that motivates you it is going to come up against opposition. It is your attitude that is going to help you achieve the goal. When thinking about your goal your need to assess your current attitude.

- Are you positive and resilient?
- Do you perseverer when obstacles come up?
- Are you the kind of person that embraces the challenges as opportunities for growth?
- Will you let hard times and distractions take you away from your goal?

You need to know that your abilities can be improved and your attitude can be changed. You need to be honest with yourself and ask whether it is most wise to advance your abilities or attitudes in order to achieve the success that you desire.

When I chose my 'ONE WORD' of being thankful it was within my **ability**. I had proven to myself that I can be thankful when I am intentional about it. At times I am great at stopping to appreciate people and the blessings in my life.

Radical / Risk –

According to www.dictionary.com *Radical means: a person who holds or follows strong convictions or extreme principles; extremist.* I have found that in my own life and with coaching people from all walks of life over the last 5 years that if someone wants to make a change they have to do something radical in order to create the inertia to get their life in motion and get the change the desperately need or want. If you just do little things and commit to your goal halfheartedly you will never experience the full potential of your goal. When you are 'radical' about your goal you are stepping in and committing to break through the fears and limiters that can stop you. The first thing to think about when being radical about your goal is the language. You may think that you are speaking in the positive with your goal but your language may be doubtful. Must use statements like 'I will achieve...' or 'I already have...' and not 'I would like to' or 'I could have.' Make your goal extreme and write it with vision. You cannot "fight" a thought with a thought. You need to

move beyond the thought and go to SPOKEN WORD.

Spoken Words are MORE powerful than thoughts in your head. You have been held back by limiting THOUGHTS, so combat those thoughts with the positive SPOKEN WORDS! Meaning, you must SPEAK YOUR VISION and your goals daily! Speak your desired reality into existence.

“A man without vision shall perish” – King Solomon

I want you to speak out your vision as if it’s already the reality. It must be radical and it must be authentic to you.

My One word of being thankful is **radical** and extreme to me. I think that being thankful is something we all must learn to be. It is not a natural quality. In fact in most cases we learn how to fend for ourselves and take what we need first. I look at the nature of children and they most often look at what they want first and need to be taught to be thankful for what they get. As an adult this challenge is radical because it will cause me to look deeply at this one word and let it transform my year. Your ‘ONE WORD’ should also be a risk to you. Nothing in life is really certain except death and taxes. Maybe your word needs to be measured with some risk. When we risk it should still be calculated and measured but the greatest reward will come when you go for it.

The Right thing –

Often people pick multiple goals and they grasp at them because they think that each goal has validity. What happens is by giving yourself too many targets to achieve in one year you often scattering your energy and you don’t follow your goal through to completion. There are a lot of ‘Good goals’ that you can set but you must get real about what you can achieve in one year. You want to choose ‘THE RIGHT GOAL’ for yourself. One way of doing this is to go back to your values and ask yourself ‘what really matters to me?’ Keep asking yourself this question and flush out the chaff from the grain. If you haven’t figured out what your core values are then you can contact scott@abundancecoaching.com and ask Scott for some free Core Values resources and if you’re really keen you can Play your Abundance Coaching Values game and get Scott’s coaching to maximize your life with your Core Values. Another way of figuring out if it is ‘The Right Goal’ is to look at the different possible goals and choose the one that resonates the most for you.

Being thankful was **The Right Goal** for me right now in my life in the 2014 season. It was a lesson that I needed to be transformed in. However in 2015 my word is different because in this season it needs to be different. When I chose my ‘ONE WORD’ in 2014 I had just become a father for a second time, I recently moved from Canada to Australia with my wife and kids, my life was in major transition. Being thankful was the perfect word to commit to at that time. It helped me to appreciate the most important things in my life. It helped me to keep my pride in check. Being thankful would not have been the right word for me in the past but it was last year. What is the right thing for you to commit to this year? If you’re not sure go back to the beginning with Spiritual. Find a quiet place to still yourself and be in presence. In the stillness ask God to reveal the word that is already placed in you to choose as your ‘ONE WORD’ commitment for the year. Then measure it with the rest of the above acronym. I share my story and ‘WHY’ I chose my word to mirror how you can choose your word. What is happening for you with hearing my story?

Here is a one sheet that will help you easily choose the right ‘ONE WORD’ to commit to this year! Print it out and put it up so that you can see it every day. Alternatively keep this print out somewhere handy so you can refer back to it often. Then put stickers or sticky posts and put your ‘ONE WORD’ commitment up around your home and office. This print out will help you commit to your ‘ONE WORD’

MY 'ONE WORD COMMITMENT for the year'

Here is my *Epp Method of choosing your one word Commitment*:

Spiritual / Stretch

How is this commitment spiritual and / or cause you to know that it is bigger than you are? Does it stretch you?

Motivation / Milestones

How does this commitment motivate you? What milestone markers can you put in place to ensure that you succeed with this commitment consistently?

Ability / Attitude

Is it within your physical, mental, financial etc. abilities to achieve this commitment? How can you have an abundant mindset and positive attitude towards life and this commitment?

Radical / Risky

How is this commitment radical to you? How does this commitment require for you to take calculated risks?

The Right Thing

Is this the right commitment for you right now at this point in your life? How do you know that this commitment is right for you right now?

Your 'ONE WORD' that you are committing to this year is:

Why are you committing to this 'ONE WORD' this year?

Name:

Date:

What if you still can't find a word?

I have clients and friends that all chose words last year and they ranged from 'Fun, unstoppable, uncomfortable and delegation.' Your word should be empowering and uplifting however it could be almost anything.

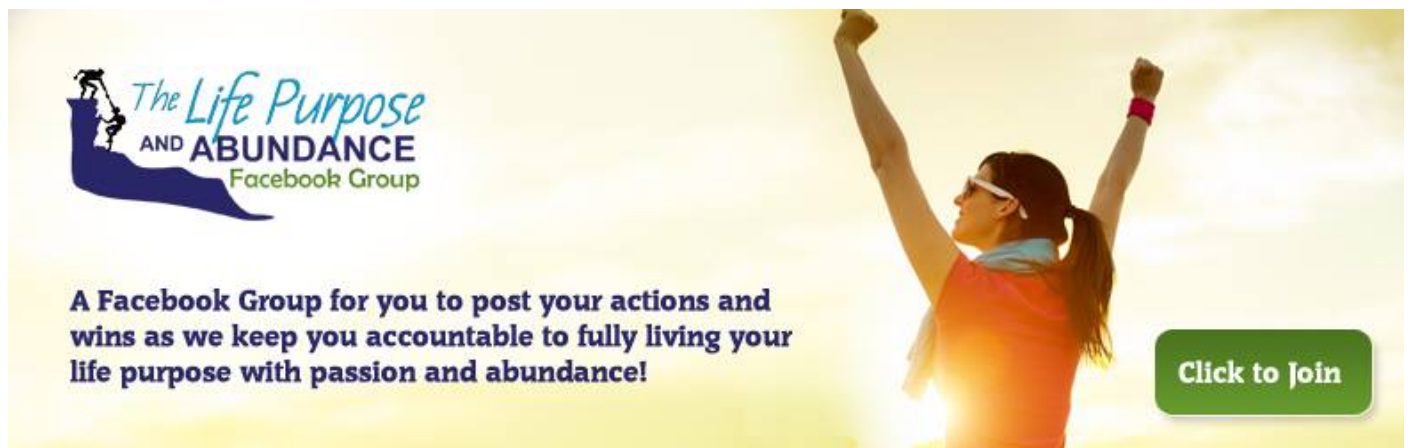
If you're struggling to find a word that fits for you then feel free to go to this extensive list of power words:
<http://positivewordsresearch.com/list-of-positive-words/>

I encourage you to take the guide in as a teaching tool. It's not the be all and end all instruction set. Trust your inner being and know that the word is already deposited in you – it is just a matter of turning your presence on it and allowing God to move through you to show you the right word. Of course you want to ensure that your word is the right word for the year and that is why we measure it against the rest of the above acronym. Be still and know that the word will come to you, know that God is there with you.

Your Option to Get on Our Action, Wins and Accountability Facebook Group

After you choose your goal take your first step in accountability by joining the private Facebook group that we have set up. This group is for you to post your actions, get accountable to your goals and celebrate your wins along the way. Just follow these simple steps:

- 1) Click this link and then click to the link to Join your 'Life Purpose and Abundance Facebook Group'
<https://www.facebook.com/groups/524050527653575/>



**The Life Purpose
AND ABUNDANCE
Facebook Group**

A Facebook Group for you to post your actions and wins as we keep you accountable to fully living your life purpose with passion and abundance!

Click to Join

- 2) Say Hi to everyone and post your 2015 One Word Commitment for the Year
- 3) Post your wins or even your pictures of where you put your commitments up in your home or office etc. on the Facebook group. Feel free to interact with the other members and be expansive. People fall in love with vulnerable people.

7 Power Habits will see that your 'One Word' Commitment works!

A power habit is something that you do routinely every day that requires for you to be in massive measurable action. These power habits will help you follow through with your commitments! You cannot rely on your willpower or self-motivation. You must put your commitment into practise and the best way to do that is to build power habits. Willpower is like a muscle. The more you use willpower the more it will gain strength and the more consistent you are you're your self-control the easier it will become. Researchers from the London Global University have done a more rigorous and valid study of habit formation ([Lally, van Jaarsveld, Potts, & Wardle, 2010](#)). They have discovered that habits are formed on average in 66 days. This means that if you are looking to create a new habit then you must consistently and automatically build that habit by March 6th. Here is a list of Power Habits that I have come up with to help you commit to your 'One Word.'

Power Habit #1 – Keep your 'ONE WORD' in front of you.

Put it up anywhere that will force you to see it often. This will keep it in your conscience mind and you will be able to bring it to your attention rapidly.

Power Habit #2 – Use the 'KISS' strategy.

Keep It Simple Silly. Don't over complicate your 'ONE WORD' commitment. KEEP IT SIMPLE SILLY.

Power Habit #3 – Focus, Focus, Focus

You need to bring your mind, body and spirit to bear on your commitment. Concentrate on your 'ONE WORD' daily and focus on how you are going to apply it into your life.

Power Habit #4 – Meditation and / or Visualize your 'ONE WORD.'

Bring yourself to your best self and ask yourself how you can achieve putting this one word into practise today. When you are at your best place / in your best self you are able to think more clearly and new insights will come to you.

Power Habit #5 – Get up early.

I learnt this power habit from Robin Sharma who has vastly documented the benefits to getting up early. Firstly you have the power to get up earlier than you may think you have. When you do – intentionally do something that will help you get into a great state for your 'ONE WORD.' When you wake up earlier than normal you give yourself more time and the right kind of energy to invest in your commitment. You can start your day with your commitment in mind and that can make all of the difference.

Power Habit #6 – Use the Power of Words.

There is power in the words that you say. There is limiting, negative, scarcity etc. power in the words you say that will keep you from achieving. There is also empowering, positive and abundant power in the words you say. You will get discouraged, frustrated, disappointed and more if your 'ONE WORD' stretches you. In these times remember that what you say will direct your path. You can also use the Power of verbalizing to declare your choice and your commitment to your 'ONE WORD.'

Power Habit #7 – Make Rewards Crucial.

Often when we achieve a milestone we forget to reward ourselves. So often we forget to celebrate our successes and we just move on with life. If we do acknowledge our achievements we don't stop to appreciate the journey long enough and often we don't reward ourselves. This is why when we commit to our 'ONE WORD' we need to set milestones that show us how we are doing with our commitment. When we reach a milestone reward yourself with something. The reward can be as simple as 'The joy of journaling about your experience, going on a walk in nature, listening to your favorite song, or even eating your favorite piece of chocolate.' Whatever you chose as your reward know that it is rewards that keep you engaged and motivated towards your goal. Don't overlook rewarding yourself and set rewards that you genuinely enjoy.

Take Your Abundance Life Wheel Challenge!

Play your Abundance Life Wheel for Free by going to: www.abundancelifewheel.com once a month at the beginning of every month and each time you play it chose 3 categories that are the most important to you to focus on for that month. Then print out your Abundance Life Wheel that the game sends to your email and put it up somewhere that you can see it. Choose 3 areas that you want to focus on and write them on your print out and then do something every day to improve that area of your life. Consistency is how you achieve the life you want – keep taking actions towards the most important areas of your life.

Here is a little activity that includes the categories of your life wheel that you can do for fun.

<i>Health & Wellness</i>	<i>Travel & Vacation</i>	<i>Family</i>
<i>Personal Development</i>	<i>Giving Back</i>	<i>Finances & Money</i>
<i>Friends & Relationships</i>	<i>Lifestyle</i>	<i>Career & Business</i>
<i>Fun & Adventure</i>	<i>Physical Environment</i>	<i>God & Spiritual</i>
<i>Marriage & Intimacy</i>	<i>Happiness & Contentment</i>	<i>Inner peace & Joy</i>

Think about these areas. You may even want to turn to your journal and reflect on some of the comments you've made about these areas previously.

Pick one area that resonates strongly with you

Circle one area above, then answer the following questions. Some on your initial responses may seem silly, or even unreasonable. Don't worry about that. Simply answer. Some of the best ideas come from the most unlikely places. Feel free to think as ambitiously as your imagination will allow.

What is the first thing that would instantly increase your score in this area?

For example, someone struggling with Personal Development might say they want to finish the psychology books they purchased a few years ago. Those who feel that their fun-o-meter is low may want to get into a local bowling league.

Is there anything else that would help to bring up your marks in this area?

One simple and quick strategy for Committing to Your Goal

Have you attempted to achieve something like this before? What stopped you from achieving your goal? List any of these obstacles in the first column of the box on the following page. If you've never attempted to reach this goal, can you think of anything that might stand in your way?

Consider the obstacles on the right to see if any of them should be added to your list.

If you can, list every obstacle you can think of, but focus on the challenges that are most likely to derail your plans.

If you can, forecast obstacles in advance, such as time or money constraints. If you're sure you'll encounter this obstacle, tick the second column. The tick mark means you'll need to take the time to assess these issues every so often to make sure you are still on track.

Whether you can forecast your challenges or not, think about what you can do to prevent obstacles from pulling you down. Once you can identify a solution, or plan, for each obstacle, add it to the third column.

You're almost there.

- Time constraints**
- Financial situation**
- Your health**
- Materials needed**
- Special occasions**
- Life changes**
- Family commitments**
- Other commitments**

Obstacles	✓	Solutions

Now that you have your goal, revised it, and identified obstacles, it's time to commit to it. You need to commit to overcoming the obstacles that stand in your way.

You can do this. You have everything you need in abundance. Let's just affirm it. Flip through this chapter and see if you can find a quote that resonates with you. Circle it, highlight it or rewrite it here:

Before you move away from your workbook, repeat this quote as an affirmation, and take the time to copy it into your calendar. You've committed to your goal. Now, doesn't that feel awesome?

Thank you for taking this journey with me! If you are ready to take your goals to the next level then take action now by scheduling a free life purpose strategy session with me at www.abundancecoaching.com/free-session.

Live with Passion and Have Abundance in Life!

Scott Epp C.P.C.

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