



A New Possibility

Bringing a dream to life is a journey. It begins and continues one step at a time. Think about what you have learned and how you might put it into practice. Then choose one small goal that you want to accomplish in the next few days. Move toward a new possibility that is really important to you—one that you are enthusiastic about and are confident you can achieve.

Briefly state what you will do and by when:

Sign this action plan and put it where you will see it often.
Tell a supportive friend or family member about your goal, and frequently visualize yourself following through. Be prepared just in case doubts or roadblocks crop up. Know that you can always draw upon faith, firm resolve, and creativity to overcome any obstacles that may arise.



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