



NAME..... DATE..... RATING OUT OF 10.....

TITLE: MESSAGE IN A BOTTLE

QUOTE: “Believe you can and you’re halfway there”
Theodore Roosevelt

OBJECTIVES FOR THE WEEK:

It is letter writing time

Write yourself three letters, one to be read in a month, one to be read in six months and one to be read in a year. Put down how you are going to work differently and the steps you have learned that you are going to continue to implement. Also write down your commitments to yourself of what you are going to do differently, milestones you want to achieve and when you are going to complete them by. Don't forget the carrot, so look at the reward you would like to give yourself when you hit these objectives. Seal them up and put them away. You can give them to a friend to post to you, or lock them away, but no peaking, they need to remain un-opened until their time arrives.

RESULTS:

