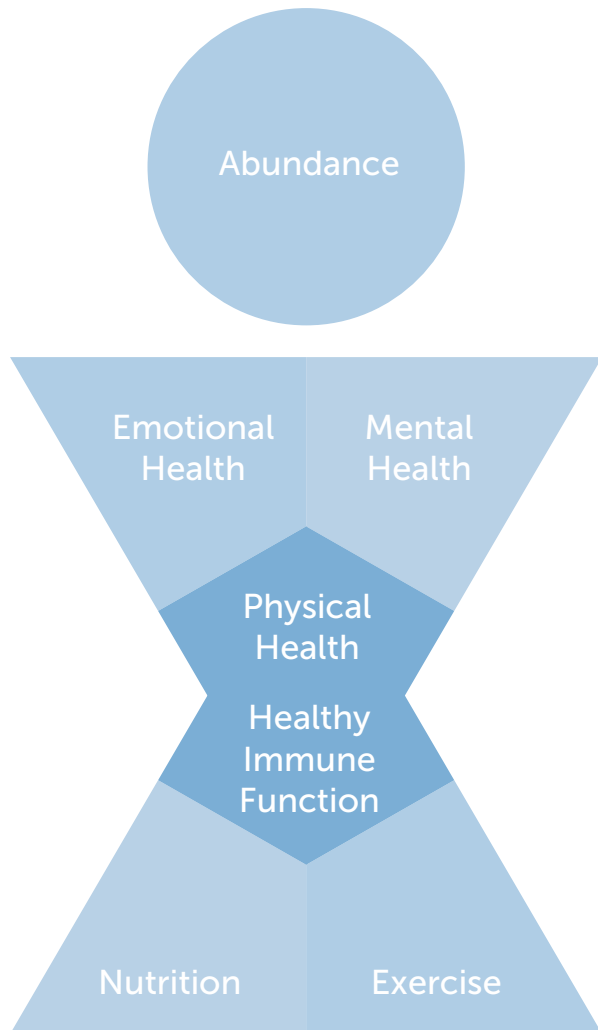


MODERN ESSENTIALS™

My Steps for Creating a Balanced, Healthy Life



Where I am now: _____

Where I want to be: _____

Step 1: _____

Current barriers/pitfalls: _____

How I will overcome these barriers/pitfalls: _____

Date to implement by: _____

Accountability:

Who: _____

Results of Success: _____

Signed: _____

Step 2: _____

Current barriers/pitfalls: _____

How I will overcome these barriers/pitfalls: _____

Date to implement by: _____

Accountability:

Who: _____

Results of Success: _____

Signed: _____

Step 3: _____

Current barriers/pitfalls: _____

How I will overcome these barriers/pitfalls: _____

Date to implement by: _____

Accountability:

Who: _____

Results of Success: _____

Signed: _____

Step 4: _____

Current barriers/pitfalls: _____

How I will overcome these barriers/pitfalls: _____

Date to implement by: _____

Accountability:

Who: _____

Results of Success: _____

Signed: _____

Step 5: _____

Current barriers/pitfalls: _____

How I will overcome these barriers/pitfalls: _____

Date to implement by: _____

Accountability:

Who: _____

Results of Success: _____

Signed: _____