

Five Steps to Put To Memory To Create Change



1. What is your challenge?

2. What is your responsibility for the challenge?

3. How do you need to adjust your mindset?

4. What is your created resolution?

5. What is your final action?

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If you want to achieve your goal, you will do what is necessary to accomplish it. In each of the above steps, an **action is required** and **each step starts with "you."** It is up to each of to take the steps in faith that a transformation will take place, in this case, in our body.

"Action is the antidote to despair.

-Joan Baez

These actions steps can be implemented in any challenging situation or circumstance we face. First **place in your mind that you can and believe it in your heart.** You tell your body what it will do and as you put forth the effort, you will get results.

Faith is an action verb. When you act, believing it will happen, change comes!

Coaching Christian Women to Flourish In Life, Relationships and Purpose

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