With Betsy
coaching | consulting

MY CONTROL PANEL

Keeping You Focused and Fearless

BIG GOAL

INTENTION STATEMENT

PRIORITIES:

ACTIONS:

PEOPLE WHO SUPPORT ME..

TO FEEL GOOD, I CAN...

I CHOOSE TO AVOID...

THINGS I CAN LET GO...

I'M GRATEFUL FOR…

I'M PROUD OF MYSELF FOR...

NEGATIVE THOUGHT:

REPLACEMENT THOUGHT: