

Write out your **negative** vision for your life 10 years from now if you continue with your old habits:

Write out your **positive** vision for your life 10 years from now if you continue with your old habits:

Write out 10 positive affirmations below:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10