



## Session #1 Client Action Guide

My specific, measurable outcome in the next 90 days is:

My Big MOFA (Motivating Factor) is:

My Anchors are:

- 1.
- 2.
- 3.

The clutter I'm clearing to make room for what I truly desire is:

My Action Steps for this session are:

- 1.
- 2.
- 3.