Explore everything that you want to BE, DO and HAVE over the next year and write in one brief sentence why you want to BE, DO, HAVE each item on your list.

Consider the following questions:

* What are the reasons why I want to BE, DO or HAVE this?
* What benefits are there, or what difference will it make, to BE, DO or HAVE this?
* What are the consequences if I don’t BE, DO or HAVE this?
* If you can’t do this with anything on your list then please cross them off.

Please devote ample thinking time to the stages below and remember that you can continue adding to the list.

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| **BE** | **Why?** | **DO** | **Why?** | **HAVE** | **Why?** |
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