**Quest**

**Week 3**

***What has to happen?***

Look at the story of your new World and pick one belief that would have to change to make the first move in being the version of you, you described in the story.

What behaviours would you have to adopt, and which ones would you need to stop to “Be” the person you wrote about?

***Work sheet 3a***

Create two lists of behaviours, one you need to start doing and which one you need to stop doing. From each list pick one behaviour that if you were to change it would move you closer to being, the person you described in the story, the version of you you want to “Be”.

Start Doing Stop Doing

**Work sheet 3b**

Pick one behaviour from each list in 3a and work on “being” that behaviour every day and note the results you get and the difference they make.

**Quest**

***Daily Task***

Make a note of the results you achieve when you consciously decide to “do” your new behaviour