





Hot



Warm



Cold



# Identifying 3C's in Your Life

## My 3C's

I am in control of:

I cannot control:

I am choosing to act on:

I am choosing not to act on:

The consequences are:

# Weekly Goals/Dreams:

That are S.M.A.R.T & achievable in a week

## 1 - steps towards

1

2

3

Outcomes:

## 2 – steps towards

1

2

3

Outcomes:

## 3 – steps towards

1

2

3

Outcomes :

