

# Day 4 Worksheet

Complete this worksheet in its entirety.

Print out and hand write in the answers. DO THIS NOW!

## 1. Write your decision statement.

I am making a decision right now to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 2. Personal declaration statement.

I \_\_\_\_\_ am a walking reward for \_\_\_\_\_ !  
The success of \_\_\_\_\_ will help me my life back, so that I can be  
a blessing to \_\_\_\_\_ and \_\_\_\_\_.

## 3. Your big "WHY"

The want to be cured so that \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

This is my one motivating factor that will help me through the rough times.

## 4. Your top 5 Goals

**1st Goal.** \_\_\_\_\_

Step 1. \_\_\_\_\_

Step 2. \_\_\_\_\_

Step 3. \_\_\_\_\_

Step 4. \_\_\_\_\_

Step 5. \_\_\_\_\_

**2nd Goal.** \_\_\_\_\_

Step 1. \_\_\_\_\_

Step 2. \_\_\_\_\_

Step 3. \_\_\_\_\_

## 5 Goals continued....

**3rd Goal.** \_\_\_\_\_

Step 1. \_\_\_\_\_

Step 2. \_\_\_\_\_

Step 3. \_\_\_\_\_

Step 4. \_\_\_\_\_

Step 5. \_\_\_\_\_

**4th Goal.** \_\_\_\_\_

Step 1. \_\_\_\_\_

Step 2. \_\_\_\_\_

Step 3. \_\_\_\_\_

Step 4. \_\_\_\_\_

Step 5. \_\_\_\_\_

**5th Goal.** \_\_\_\_\_

Step 1. \_\_\_\_\_

Step 2. \_\_\_\_\_

Step 3. \_\_\_\_\_

Step 4. \_\_\_\_\_

Step 5. \_\_\_\_\_

**Instructions:** Make 3 copies of these two sheets and put one in the your wallet, one in your bathroom, and one in your car. Read each one everyday as you go through your program. If you paused the video to complete this worksheet, go back and finish watching the rest of the video.

Congratulations you have completed DAY 4! You are doing great!

Your are on your way to being totally virus free!

**See you on Day 5!!!!**