Be Do Have

What is getting in your way.

This is a powerful framework that helps individuals achieve personal and professional growth by shifting their mindset and actions. It emphasises the importance of focusing on who we want to be, what we want to do, and what we want to have in our lives.

1. "Be" focuses on clarifying our identity and values.
2. "Do" involves taking purposeful action towards our goals.
3. "Have" encourages envisioning and attracting desired outcomes.

By aligning who we are, what we do, and what we want, we can unlock our potential and live a more fulfilling life. This model serves as a roadmap for self-improvement and achieving success.

Who do I need to **BE** in order to accomplish this goal?

"Be," refers to our identity and the qualities we want to embody. It encourages us to clarify our values, beliefs, and attitudes. By understanding our true selves and aligning our actions with our core principles, we can create a solid foundation for personal growth.

Mindset

What do I need to **Do** in order to accomplish this goal?

"Do," involves taking purposeful action towards our goals and aspirations. Emphasising the importance of setting clear objectives, breaking them down into manageable steps, and consistently working towards them. By being proactive and disciplined in our actions, we can make progress and achieve the outcomes we desire.

Action

What do I need to **Have** in order to accomplish this goal?

Have," focuses on the results and outcomes we want to experience in our lives. It encourages us to envision what we want to have—such as success, happiness, or fulfillment—and to cultivate a mindset of abundance and gratitude. By aligning our thoughts and beliefs with the outcomes we desire, we can attract and manifest them into our reality.

Outcome

Be Do Have

Your turn. It might be useful to do it backwards, start with your outcome.

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