



Assignment Belief Cellular Health Coaching

The Science of Cellular Health

Belief

1. Carefully review your Vision Board and Goal Worksheet and the progress you have made toward each one of the Action Items you have established to this point.
2. Make an introspective analysis for each one of the images on your Vision Board by looking within your heart and mind and asking yourself the question for each image and what it represents:
“Do I honestly believe that I can accomplish this?”
3. If your immediate response feels weak or you have some doubts, then remind yourself of your own personal vision again and ask your heart and mind the question:
“Is it really important that I accomplish this?”
4. If it is not important to you, then immediately remove it from your Vision Board and Goal Worksheet.
5. If it is important to you, then find an Action Item that you strongly believe will allow you to accomplish it and write it into your Goal Worksheet. Refer to your assignments for guidance to find good Action Items.
6. At the end of this assignment you will have a strong belief that you indeed will accomplish the Visions you have for yourself and will have some strongly motivated Action Items on your Goal Worksheet. Keep working through this from time to time to make sure that you truly believe and envision the accomplishment of each one of your Visions, Goals and Action Items.



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