Impact Health
Navigating the Business of Health

Customized Impact Plan

Section #1

Ask yourself the following questions:

1. What limiting beliefs are keeping me from being WHO I want to be?

2. What does opportunity cost for me? What is the cost I'm willing to pay to get what I really want?

3. What choices do I need to make in order to transform my life?

    a. If I made these choices, how would my life be transformed?

4. What gaps am I facing?

    a. What have I done to settle?

    b. What decisions have I made that caused me to live below my potential?

    c. Why have I chose to live below my potential?

5. If changing one's mindset is the first step in adapting, what do I need to change in order to adapt to the New Health Economy?

6. What do I believe to be true that I'm not sure is true?

7. What experiences have led me to believe what I believe?

8. Does my mindset fit with Non Plus Ultra (No Further Beyond) or Plus Ultra (Further Beyond)?

9. Am I experiencing ***Cognitive Dissonance***? If so, how?

    a. What am I struggling with?

10. Are any of my personal beliefs being challenged? If so, what specific beliefs?