

4C Model to Get **ANYTHING** You Want

#1

COMMITMENT

This is when you have a thought to do something - a decision is made.

YOUR TURN!

What is your decision or commitment?

#2

COURAGE

Because a decision is different than what you're currently doing, you'll need courage to face these (natural) objections:

Fear	"I'm Not Good Enough"
Anger	"I don't really need/want this"
Frustration	"I Can't Do It"

How does that make you feel?

How can you reframe those feelings?

#3

CAPABILITY

Once you face your objections and push forward, you'll find you're capable of achieving your original decision/commitment.

This feels great!

What actions can now occur?

#4

CONFIDENCE

Because you have proven that you're capable of achieving this commitment, it gives you confidence that you can do the next thing you want to achieve or change.

What are your results?