

## Knowledge to Action

1) What is my "AHA"?

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2) How's this different from my current thinking?

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3) What can I do today to take the first step toward putting this knowledge into practice?

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4) What benefits will come to me, my family, and friends by taking action on this?

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5) What price will I pay if I don't take this action?

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*For a free  
coaching consultation*

