**Topic:** Discovering your Driving Forces

Exercise: 2

If you are engaged in 1-1 coaching with me after this course, please save this document in the DropBox folder I have assigned for us. For any issues you can always email me at [hostandcoach@ramyballout.com](mailto:hostandcoach@ramyballout.com).

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Transition is a process. A really successful transition however, requires a really great process.

That being said, in order for us to best understand where we want to go we need to first ask ourselves whywe want to go there, clearly and explicitly.

It’s just not enough for us to list out our driving forces without writing up a declaration of why we have decided to make a transition at this juncture in our lives.

You know, when I have consultations with prospective clients I often ask them what the trigger was that brought them to me. And by trigger here I don’t mean a video, an article or a presentation they have watched of me but their own internal compass that brought them to say, “I need to do this…”

Often unexplained and most often unwritten, we all have a declaration of some sort that has caused us to want a change that we have been yearning for – one which has been a culmination of several, or even just one event that has manifested itself into our psyche and decision making process.

I want you to write down this declaration here today and put it in safe keeping until the very end of the program.

It’s really important you do this and I hope you can participate.

Name:

Date:

Time:

City, Country:

*I [Insert Name] hereby declare that I have not only made the decision to change, but have also decided to finally act upon it.*

*The reason for this decision is because…[List your reasons openly and honestly]*

*By decree of my destiny, I [Insert Name] commit to this transformation of action through to my deserved transition.*

**END OF EXERCISE**