



**Be,
Do,
Have
& Feel.**

BE, DO, HAVE & FEEL

Be, Do, Have is a technique or structure used to create a clear vision for your goals. The instruction is right in the title. Think about achieving your vision or a goal and then unpack into what or who you will be, what you will be doing and what you will have.

I have added a fourth level: Feel. When you think about achieving your vision, how do you feel?

When I achieve my vision or reach my goal, I will BE:

When I achieve my vision or reach my goal, I will DO:

When I achieve my vision or reach my goal, I will HAVE:

When I achieve my vision or reach my goal, I will FEEL:
