

Fabulous Five Focus
(5 One-Minute Magical Moments)

Item	Description	Start 1-10	End 1-10
1			
2			
3			
4			
5			
Signature _____		Date _____	

Having Fun with the Fabulous Five Focus

Feeling Scale			<p>Got a minute? That's all it takes for your dreams to come true!</p> <p>Describe up to 5 items you would like to see happen in the Description space. In the Start column, identify from the Feeling Scale how you feel right now about your ability to accomplish it.</p> <p>Next, close your eyes. Focus on the outcome you would like to see for one minute. Your goal is to move up the Feeling Scale, even its its just one step. What would it feel like to have this happen? Now write down the Feeling Scale level you reached in the End column. Move on to the next item. When finished, leave this page in a safe place.</p> <p>Each night note any updates in the Progress Notes. Prepare to be uplifted!</p>
1	I know it - I can see it		
2	Anything is possible		
3	My hopes are up!		
4	I love the idea of it!		
5	Wouldn't It Be Nice?		
6	It wouldn't hurt to try.		
7	I don't see a way.		
8	It probably won't work.		
9	I don't have time/money.		
10	It will never happen.		
<p align="center">Progress Notes</p>			