

# worksheet: want a second chance?

**D**o you want a second chance? A second chance is not simply another experience followed by a return to business as usual. It is a life-changing event that allows you to choose a new direction, and enables you to make a change and live your life differently.

Getting a second chance is really quite simple. It begins by acknowledging you made a mistake, or admitting that your plan did not work out the way you had hoped.

Telling the truth and admitting our mistakes help us focus on what we really want.

Anatole France said, "To accomplish great things, we must not only act, but dream; not only plan, but also believe." You must first know what your goal is. You must have a dream.

What, exactly, is your second chance goal?

Begin with:

- **What – What do I want?**
- **Where – Where do I want to be?**
- **When – When do I make this happen?**
- **Who – Whom do I want to be with when I reach this goal?**

Once you have clarity about what you want, create specific details and actions steps by expanding your goal statement and planning for how and why.

Ask yourself three more questions:

- **Why do I want to achieve this goal?**
- **How will I achieve this goal?**
- **What are possible obstacles I may face in reaching my goal?**

To give yourself a second chance, first determine exactly where the finish line is (Dream), then determine the route to take and the speed to go (Plan), and execute everything necessary to get from where you are to the finish line (Act). Finally, never give up (Believe). Dream, Plan, Act, Believe.