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Vision-Decision-Action

*“If you bring to mind a picture of who you want to become,
and keep it and hold it there long enough,
you will become as you have been thinking.”*

William James

**Vision I have for myself:
characteristics/qualities I want to develop:**

-curiosity	-learning	-confidence	-spirituality
-compassionate	-justice	-neatness	-love
-responsible	-wisdom	-creativity	-adventure
-integrity	-health	-faith	-respect
-connectedness	-joyful	-honesty	-patience
-reliable	-humility	-loyal	-balance
-intimacy	-courage	-optimism	-passion
-generosity	-enthusiasm	-humor	-grateful
-openness	-playful	-authentic	-strength

-Vision-Decision-Action

--To become that person, 1 change I will make in the next week:

-what change _____

-when change _____

-how/resources to support
change _____

-how I could keep myself from accomplishing this
change _____

Ripple Effect:

Starting off with one small,
healthy change

can lead to profound, long term life-enhancing changes

Nike therapy: Just do it