|  |
| --- |
| Goal – The Have Write the goal here (i.e. the *Have* in the **Be Do Have** model). |
| Complete the following steps |

# The Be Do Have Exercise Template

Use this template to help your clients achieve their goals more easily.

|  |  |
| --- | --- |
| *Be: Who I need to become? That is - what behaviours and habits do I need to change to do what I need to do?* | *Do: What I need to Do? That is - what actions do I need to take to achieve this goal?* |