



1.

## MY KEY GOALDRIVER™



2.

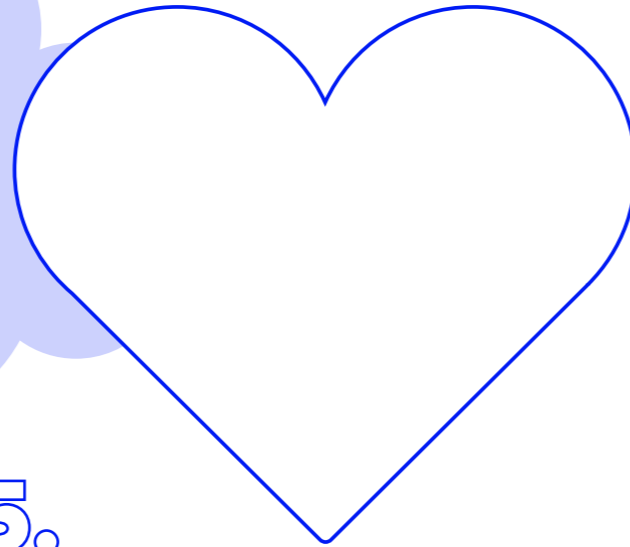
## MY GOAL



3.

## AMPLIFIED ATTITUDE

WHAT ATTITUDE WILL GET YOU THERE TO ACHIEVE YOUR GOAL?



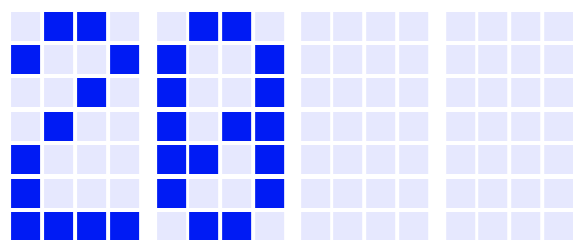
4.

## MY TIMEFRAME

DAY

DATE

MONTH



5.

## MY WHY

FIVE REASONS WHY I WANT TO ACHIEVE THIS GOAL.

ONE

TWO

THREE

FOUR

FIVE

6.

## MY DEVELOPMENT

WHAT DO I NEED TO DO

START DOING

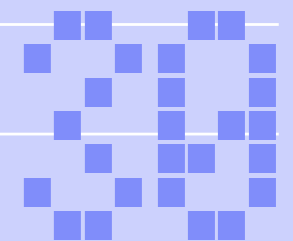


STOP DOING

8.

## MY 30 DAY ACTION PLAN

1.
2.
3.
4.
5.



9.

## MY DAILY RITUALS

HOW I WANT TO FEEL:

M T W T F S S

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