



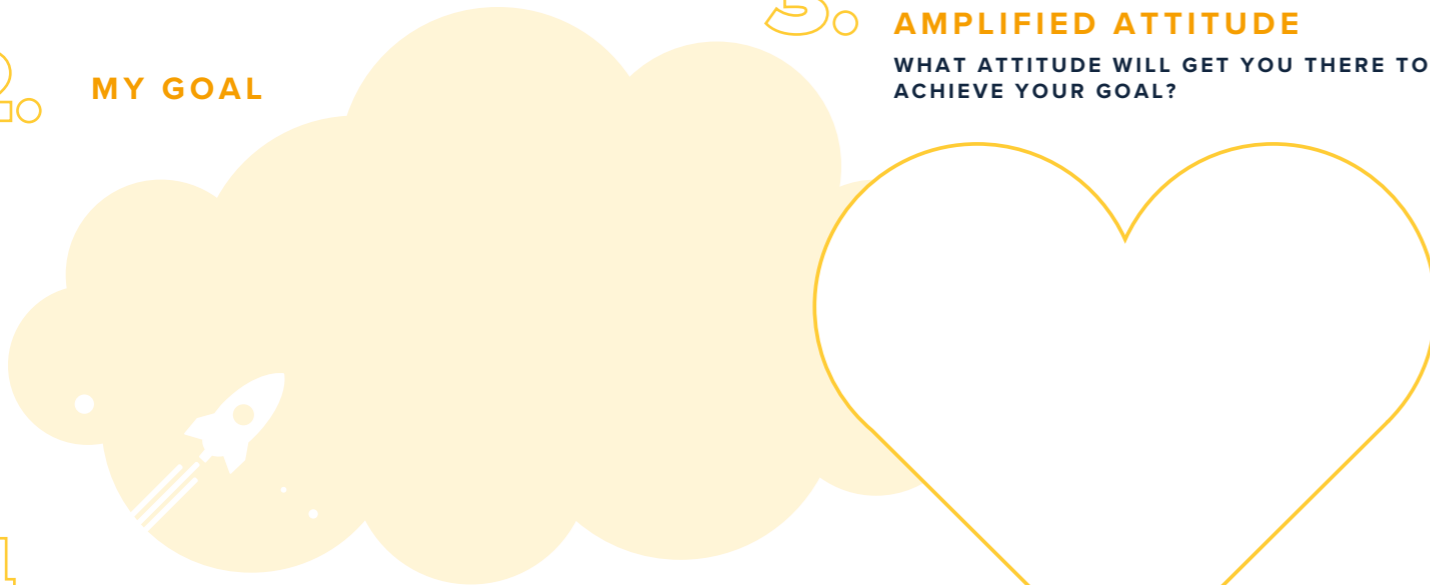
1.

MY KEY GOALDRIVER™



2.

MY GOAL



3.

AMPLIFIED ATTITUDE

WHAT ATTITUDE WILL GET YOU THERE TO ACHIEVE YOUR GOAL?

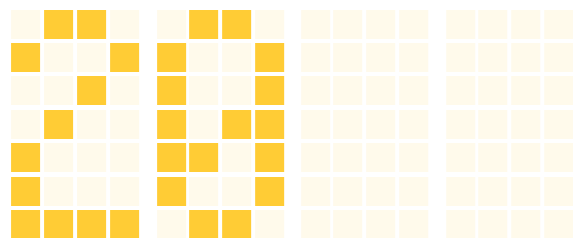
4.

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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