



1.

MY KEY GOALDRIVER™



2.

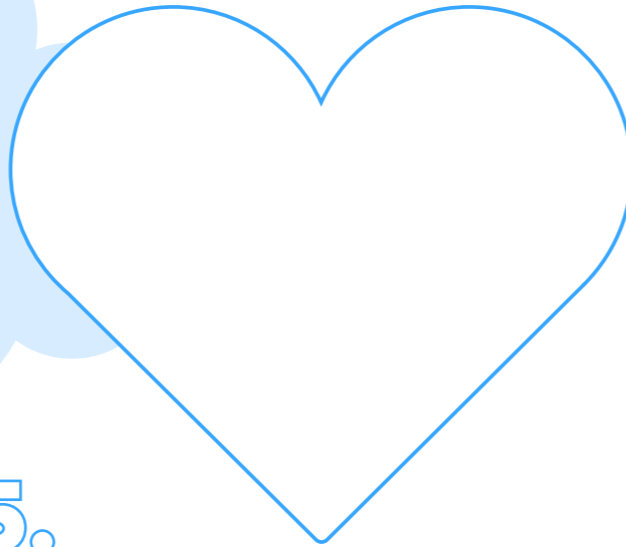
MY GOAL



3.

AMPLIFIED ATTITUDE

WHAT ATTITUDE WILL GET YOU THERE TO ACHIEVE YOUR GOAL?



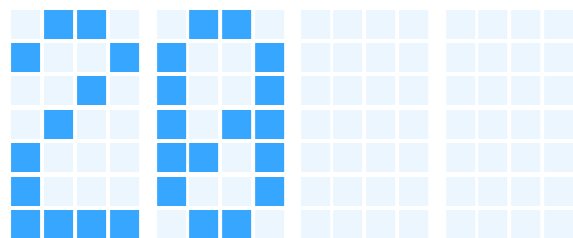
4.

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

7.

MY 3 KEY MILESTONES

8.

MY 30 DAY ACTION PLAN

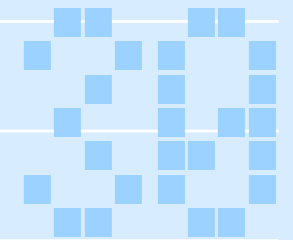
1. _____

2. _____

3. _____

4. _____

5. _____



9.

MY DAILY RITUALS

HOW I WANT TO FEEL: _____

M T W T F S S

