



1.

MY KEY GOALDRIVER™



2.

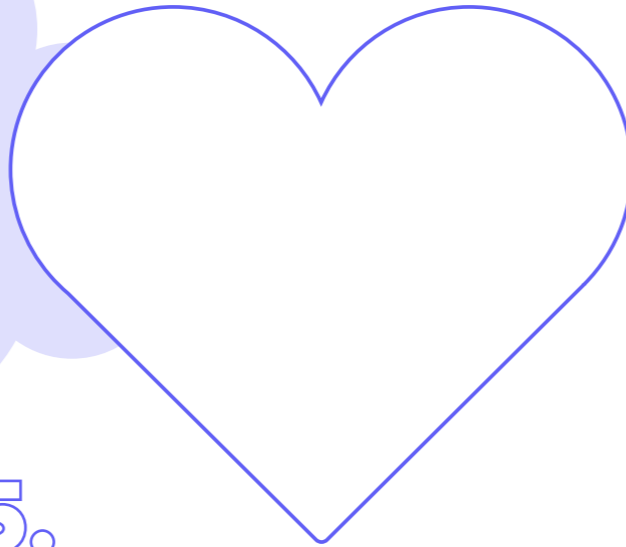
MY GOAL



3.

AMPLIFIED ATTITUDE

WHAT ATTITUDE WILL GET YOU THERE TO ACHIEVE YOUR GOAL?



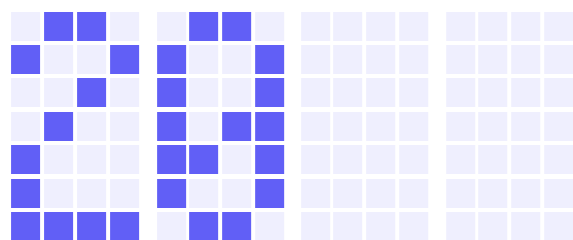
4.

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

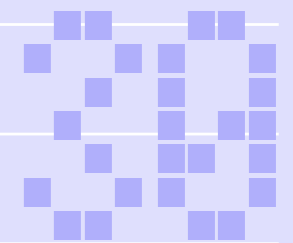


STOP DOING

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

