

State your GOAL and make a PLAN!

Your WHY? You Emotional Attachment

Your GOAL to accomplish by the end of the year

3 things that must happen to reach your goal

List daily / weekly tasks that can lead to achieving your 3 smaller goals above

- 1
- 2
- 3
- 4
- 5
- 6

- 1
- 2
- 3
- 4
- 5
- 6

- 1
- 2
- 3
- 4
- 5
- 6