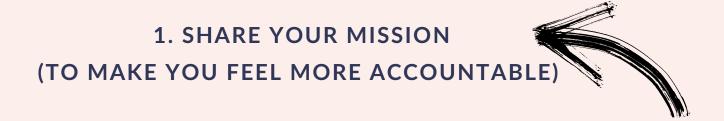


DATE:



2. ASK FOR HELP IF YOU NEED IT



3. BECOME THE PERSON YOU NEED TO BE TO REACH YOUR GOALS

4. HOW CAN YOU BENEFIT BY ADDING VALUE AND HELPING OTHERS?





MY MISSION

	_		
WITHIN THE NEXT WEEK, I WILL HAVE:			

I CAN AND I WILL DO THIS!
VISUALISE & TAKE MASSIVE ACTION



DATE:

WHAT DO YOU NEED TO DO EACH DAY TO MAKE PROGRESS?

I NEED TO:
IF I GET OF TRACK I'M GOING TO:
AS I REACH SMALL MILESTONES, I AM GOING TO REWARD MYSELF BY:



REACH OUT! DON"T WORK ALONE

THESE AWESOME PEOPLE CAN HELP ME...

NAME -	
HOW THEY CAN HELP ME:	
NAME -	
HOW THEY CAN HELP ME:	
NAME -	
HOW THEY CAN HELP ME:	
THE CANTILL ME.	
	\Box



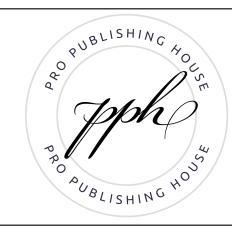
DATE:

What steps do you need to take this week to make it happen?

I NEED TO...

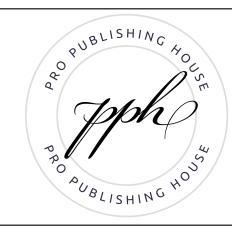
Break your goal down into small steps.

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	



GET STARTED TODAY!

I WANT TO:	



WHY DO YOU WANT TO ACHIEVE IT?

THE MAIN REASON IS:
HOW WILL I FEEL WHEN I ACHIEVE THIS?
WHAT WILL I GAIN?



NOTES	



NOTES				