



TODAY'S DATE:

# WHERE TO FOCUS





# WHAT IS YOUR GOAL?





# WHAT IS YOUR WHY?

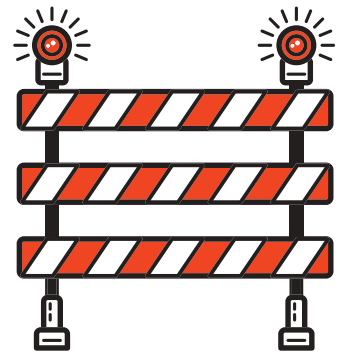
WHY NOW? WHAT HAPPENS IF YOU DO NOTHING? (BE SPECIFIC)





# POTENTIAL ROADBLOCKS

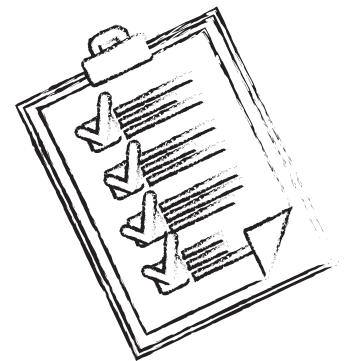
WHAT WILL PREVENT YOU FROM DOING THE WORK?





# STRATEGIES FOR SUCCESS

WHAT CAN YOU PUT IN PLACE NOW TO OVERCOME POTENTIAL ROADBLOCKS OR OBSTACLES?





TODAY'S DATE:

**NOTES**



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