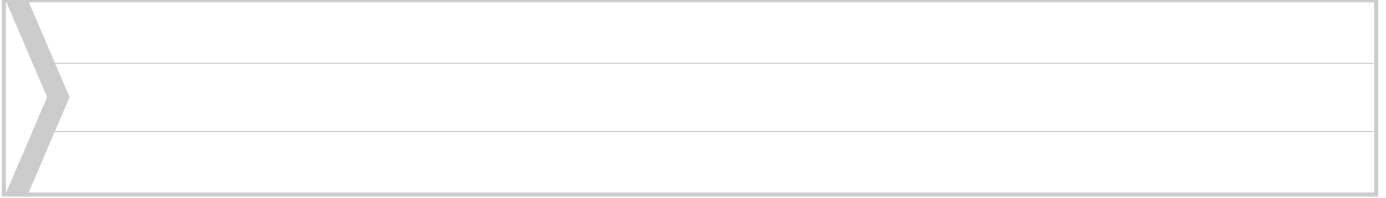


## PART 1 - Motivation Phase

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My Ultimate WHY

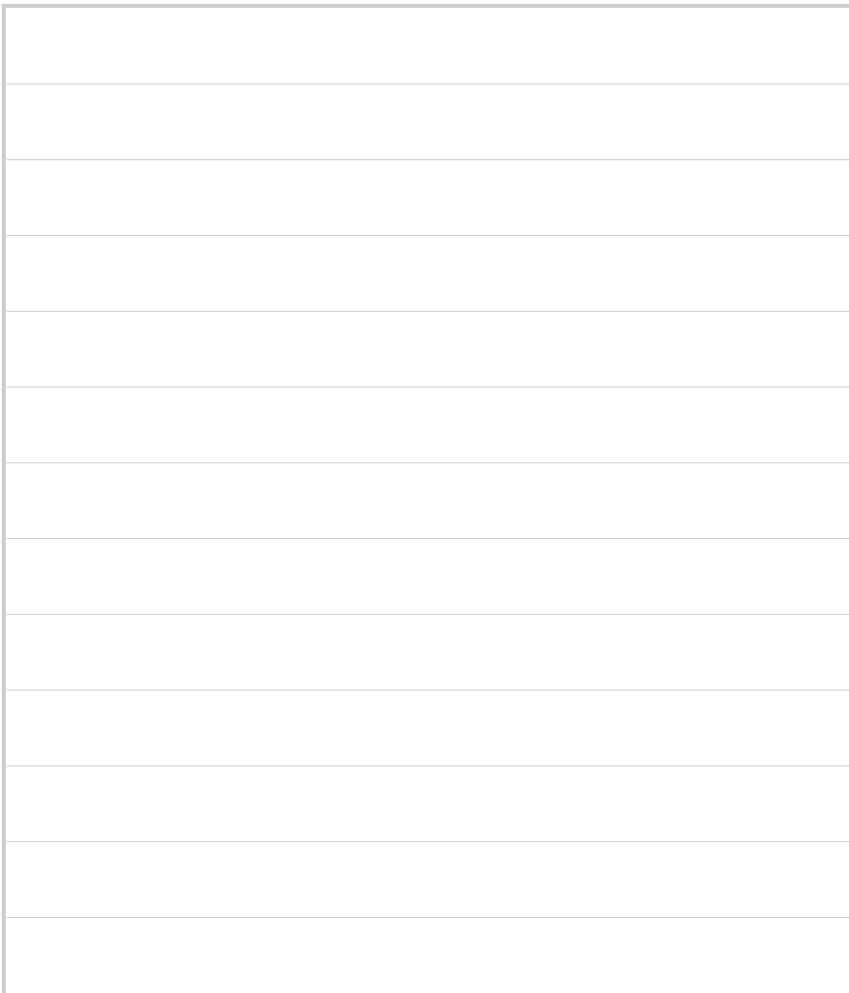


My Goal Description



- Is your goal gaugable?
- Is your goal exigent?
- Is your goal important to you?

Motivational Visualization



Motivational Images





