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PART 1 - Motivation Phase

My Ultimate WHY

My Goal Description

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

Motivational Visualization

Motivational Images

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PART 2 - Planning Phase

Step Goals

GOAL

Date	Target

START

Resources

Accountability Partner(s)

Rewards/Penalties

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PART 3 - Action Phase

GOAL		Notes	✓
Date	Target		
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START			