

GOAL:

TODAY'S DATE:

REWARDS <i>What will I gain if I accomplish this goal?</i>
CONSEQUENCES <i>What will I lose if I don't accomplish this goal?</i>

AFFIRMATIONS:

OBSTACLES <i>What might get in the way of my success?</i>	POSSIBLE SOLUTIONS	ACTION STEPS <i>What steps am I committing to take?</i>	DATE <i>By when?</i>	DELEGATED TO: <i>Who will do it?</i>

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