

Date:

Name:

▶ 1 Vision

Handwritten text in the Vision section.

▶ 2 Why?

Handwritten text in the Why? section.

▶ 3 Obstacles

Strategies

Handwritten text in the Obstacles and Strategies sections.

▶ 4 Limiting beliefs

Supporting beliefs

Handwritten text in the Limiting beliefs and Supporting beliefs sections.

▶ 5 Tactics

- Habits
- Skills
- Who
- How

Handwritten text in the Tactics section.

▶ 6 90 day action goal

Handwritten text in the 90 day action goal section.

▶ 7 Next step

Handwritten text in the Next step section.