



hey, goal getter!

START SOMEWHERE

My ☐ daily ☐ weekly goal is:

GOAL GET IT!

My ☐ monthly ☐ yearly goal is:

HOW WILL I FEEL WHEN I REACH THIS GOAL?

10 STEPS TO REACH MY GOAL

WHY DO I WANT TO REACH THIS GOAL?

AFFIRMATIONS I WANT TO REMEMBER

A *dream* written down with a date becomes a *goal*. A goal broken down into steps becomes a *plan*.

A plan backed by *action* becomes *reality*.

-GREG REID