

# 1 Goals

MY SPECIFIC GOALS UNTIL \_\_\_\_\_ ARE:

- 1.
- 2.
- 3.

# 2 Actions

To be successful I need to:

- 1.
- 2.
- 3.

# 3 Accountability

To make sure I stay on track with my goals, I will report to

- 1.
- 2.
- 3.

every \_\_\_\_\_ with an update.

# 4 Reward

When I achieve my goals I will:

- 1.
- 2.
- 3.

# 5 In 21 days I will begin...

- 1.
- 2.
- 3.

# 6 Why do I have need to do this?

- 1.
- 2.
- 3.

# 7 How does my motivation rate?



# 8 My strategy when I feel like giving up is.

- 1.
- 2.
- 3.

# 9 Countdown the days!

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21