

Stick a pic!  
Make it real

**My goal** is to .....

.....  
.....  
.....

This really matters to me & those close because

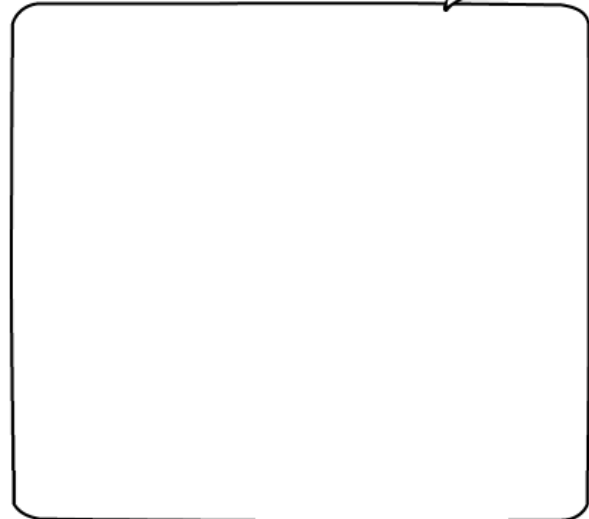
.....  
.....  
.....

Achieving my goal will give me .....

.....  
.....

I will achieve my goal on \_\_\_\_\_

That's in \_\_\_\_\_ days.



I am committed to my goal  
and I will achieve it!

Goal setter  
Date

Accountability partner  
Date

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## How I'll achieve my goal

The main steps I will take to achieve my goal are:

Even if only small!

1. .... By date: ..... My reward: .....
2. .... By date: ..... My reward: .....
3. .... By date: ..... My reward: .....
4. .... By date: ..... My reward: .....
5. .... By date: ..... My reward: .....
6. .... By date: ..... My reward: .....

The steps I will take in the next **72 HOURS** to kick-start my goal are:

Ready...	Notes: .....	<input type="checkbox"/> Done?
Set...	Notes: .....	<input type="checkbox"/> Done?
<b>GO!!!</b>	Notes: .....	<input type="checkbox"/> Done?

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