

SUCCESS GOAL SETTING

GOAL:

VALUES COMPLEMENT

VALUES CONFLICT

GOALS EFFECTED - REACH

GOALS EFFECTED - MISS

STRENGTHS

WEAKNESS

STOP DOING

START DOING

FOCUS ON

MINDSET ISSUE

CREATE EMOTION

PREVENT EMOTION

LEARN

UNLEARN

ACCOUNTABILITY BUDDY

BELIEFS TO CHANGE

WHY

WHO

MILESTONES

MANTRA