

MOTIVATION 2.0

Start with an area that most appeals to you. Build from there.

BODY-Goal is _____.

1. Baby step is _____.
2. Medium step is _____.
3. Giant step is _____.

MIND-Goal is _____.

1. Baby step is _____.
2. Medium step is _____.
3. Giant step is _____.

SPIRIT

1. Baby step is _____.
2. Medium step is _____.
3. Giant step is _____.

My biggest challenge is _____.

What I will do to bust through this barrier.

- _____
- _____
- _____

ACTIVATION

MOT.
2.0

