

Start

Goal:



Strategically schedule your days in your planner. Assess your strengths & weaknesses. List milestones below.

- _____
- _____
- _____
- _____
- _____

commit

Purposefully follow the plan

W.I.N. What's Important Now? Follow this strategy minute by minute.

Continuously ask yourself, "Is what I am doing now bringing me closer to who I want to be?"

Undivided unfaltering focus



Your affirmation, your declaration, your fight song, battle cry goes here:



Refuel

Rest. Rejuvenate.
Reward Yourself.

Optimistic
Always resilient.



navigatable, Never Giving Up