

“It’s a dream until you write it down, and then its a goal.”

12-Week Goals	
Write 5 specific goals you will acheive over the course of your 12-week program.	1.
	2.
	3.
	4.
	5.
Reasons	
Write down 3 reasons why you have decided to acheive your 12-week goals.	1.
	2.
	3.
Transforming Habits	
Write down 3 habits you need to transform in order to acheive your 12-week goals.	Old habit:
	New habit:
	Old habit:
	New habit:
	Old habit:
	New habit: