

<b>GOAL</b>	<b>1</b>	<b>TARGET DATE</b>	<b>9</b>
		<b>TODAY'S DATE</b>	
<b>REWARDS</b>	<b>2</b>	<b>AFFIRMATIONS</b>	<b>10</b>
<b>CONSEQUENCES</b>	<b>3</b>		

<b>POSSIBLE OBSTACLE</b>	<b>4</b>	<b>POSSIBLE SOLUTIONS TO CONSIDER</b>	<b>5</b>	<b>NECESSARY ACTION STEPS</b>	<b>6</b>	<b>DATE</b>	<b>7</b>	<b>DELEGATED TO</b>	<b>8</b>

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