AndrewJobling
ANDREWJOBLING.COM.AU

GOAL:

It is _____, and I feel _____

as I have _____.

I have rewarded myself with _____.

Why is the achievement of this goal important to you?

Creating Permanent Positive Change

Action 1 (A1)	
Action 2 (A2)	
Action 3 (A3)	
First 21 days	

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
A1																					
A2																					
A3																					

Second 21 days

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
A1																					
A2																					
A3																					

Third 21 days

Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
A1																					
A2																					
A3																					