


<b>F</b>	Restrictions	<b>C</b>		WHO	<b>G</b>	Rituals
<input type="checkbox"/> What is holding you back? <input type="checkbox"/> Are the obstacles really what you think they are?		① Who else cares as much? ② Whose help do you want? ③ Who are your real partners?		<input type="checkbox"/> What regular activities do you engage in to achieve your goals? <input type="checkbox"/> What are your elements of ritual, repetition, and reinforcement?		
<b>B</b>	WHY	<b>Lighting Your Fire</b>		<b>D</b>	HOW	
① Why are you on this path? ② What got you started? ③ Why do you care?		What inspires me... 		① How will you reach your goal? ② What is your strategy? ③ What tools will you leverage?		
<b>E</b>	Rewards	<b>A</b>	WHAT	<b>H</b>	Resources	
<input type="checkbox"/> List the real reasons that motivate you <input type="checkbox"/> Is the agenda really yours?		① What do you want to be? ② What do you want to do in life? ③ What gets you up and active?		<input type="checkbox"/> List the resources that will help you achieve your goals <input type="checkbox"/> What resources could help you do even better?		