

Date:.....

What I.....can conceive I.....will achieve.

Step 1. Think about what you want to achieve (your goal) and write it down.

Step 2. Make a story of how you're going to achieve your goal and draw how you will achieve your goal.

Visualise (using your imagination, run over the story in your head) draw or write out the story of how you are going to achieve your goal below;

Stay Onpoint My Model

Use additional paper if necessary.

Step 3. Put into action in every positive way possible, how you will achieve your goal.

Pick 1 day each week, and use that time to reflect (look back) on what you have done, and see how you have progressed or digressed in your journey to achieving your goal.

Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday

Have I moved forward? yes/no circle one

have I been lazy, procrastinated or held back? (circle one)

Whatever you have done, make sure you do your best to work on areas where you must improve on.

Hard work pays off..... think about it.