

# GOAL PLANNING

If you talk about it, it's a dream, if you envision it, it's possible,  
but if you schedule it, it's real. - **Tony Robbins**

GOAL: \_\_\_\_\_

DEADLINE: \_\_\_\_\_

DIFFUSER BLEND: \_\_\_\_\_

*Why it's important*

*Action Plan*

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

5. \_\_\_\_\_

NOTES: \_\_\_\_\_

\_\_\_\_\_

DATE COMPLETED: \_\_\_\_\_

REWARD: \_\_\_\_\_

CELEBRATE YOUR SUCCESS!