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Week 5 Resources

Binder Set-up 1

Binder Set-up 2

Process Overview 1

Process Overview 2

Active Programming Phase Morning

Active Programming Phase Evening



Week 5 Resources

Binder Set-up 1

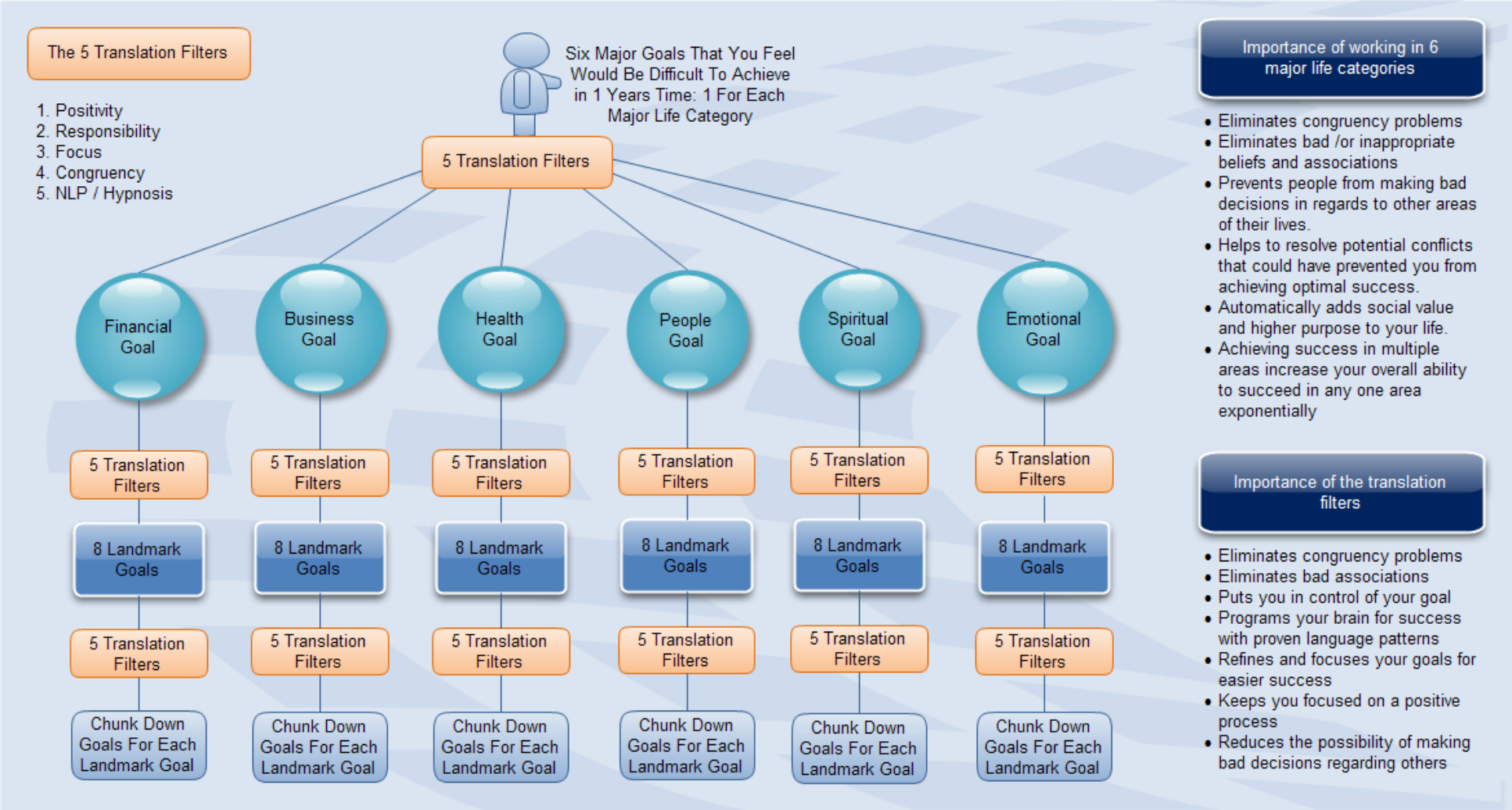
Binder Set-up 2

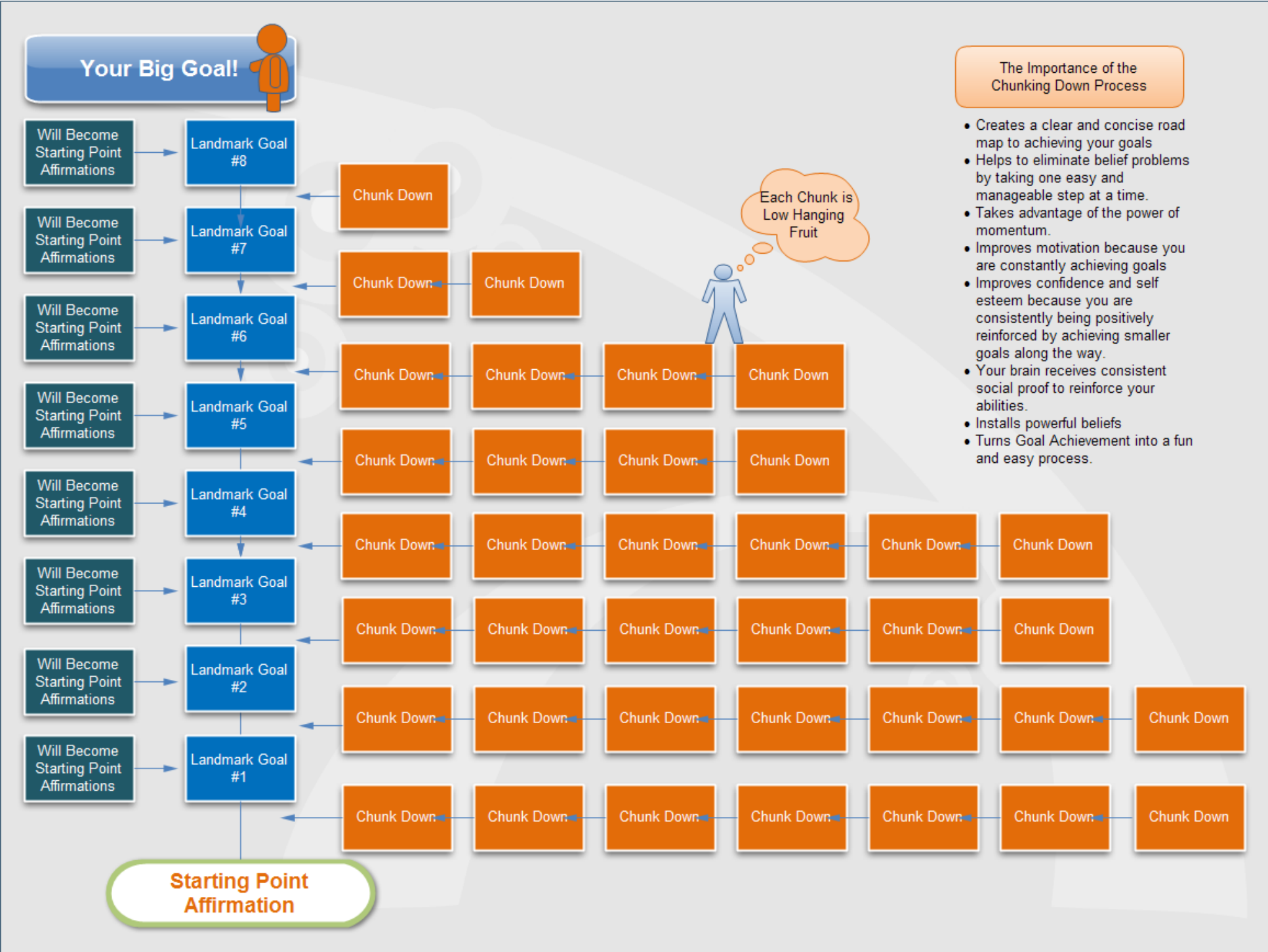
Process Overview 1

Process Overview 2

Active Programming Phase Morning

Active Programming Phase Evening





Write Your Big Goal HERE!!!



Write Your Name | Date |



Landmark Goal #8

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Landmark Goal #7

☐

Landmark Goal #6

☐

Landmark Goal #5

☐

Landmark Goal #4

☐

Landmark Goal #3

☐

Landmark Goal #2

☐

Landmark Goal #1

☐

Write Each Goal Once On This Page

One Check Box For Each Goal On The Page

Put a check in each box as you complete each goal

Starting Point Affirmation

Write Your Big Goal HERE!!!

Write Your Name | Date |

Write Landmark Goal #1 Here!

Chunk Down #7

Chunk Down #6

Chunk Down #5

Chunk Down #4

Chunk Down #3

Chunk Down #2

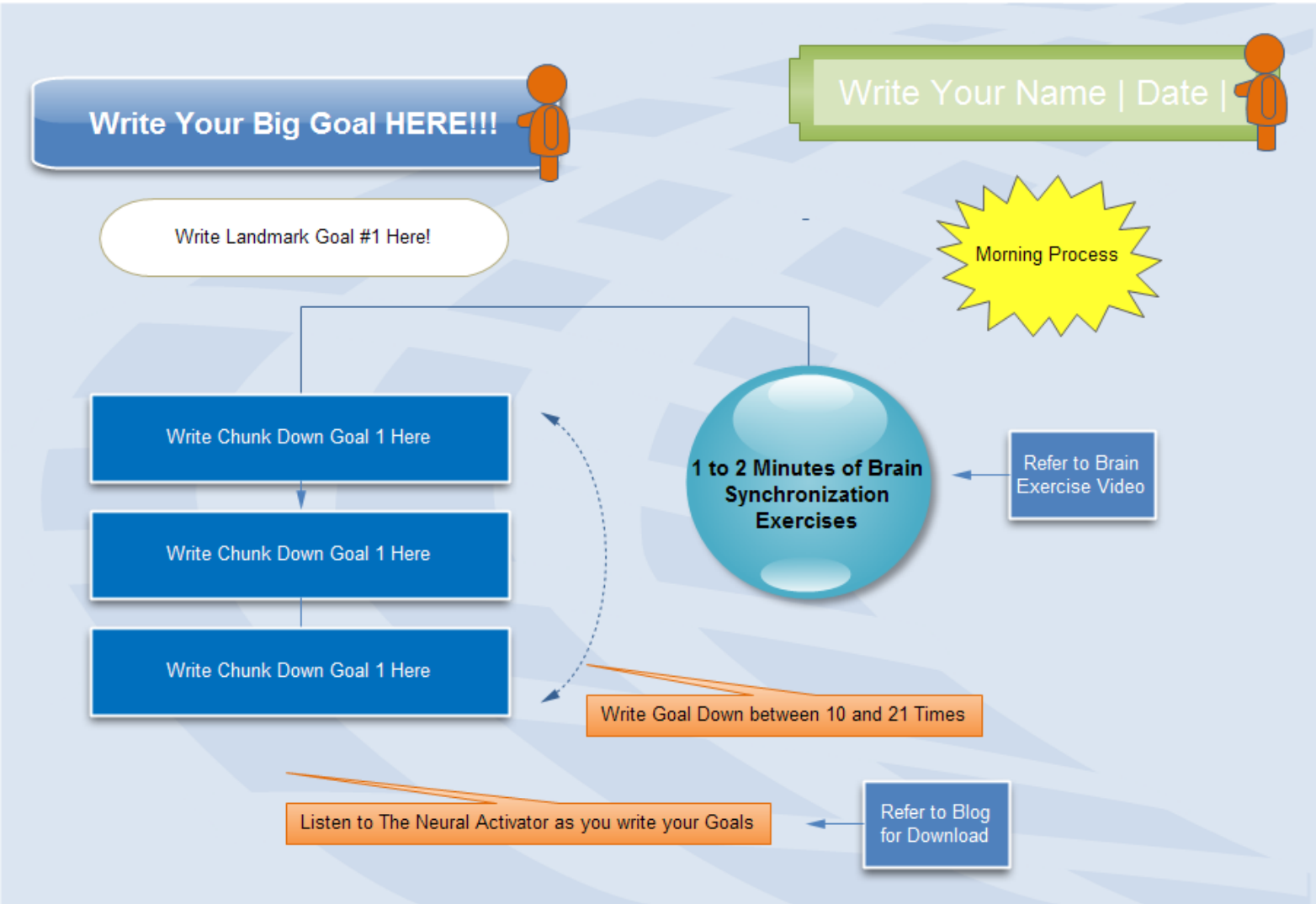
Chunk Down #1

Write Each Goal Once On This Page

One Check Box For Each Goal On THE Page

Put a check in each box as you complete each goal

Starting Point Affirmation



Write Your Name | Date |



Evening Process

1. What positive action did I take today that is bringing me closer to my goals?
2. What positive action can I take tomorrow to bring me closer to my goals?
3. What am I grateful for?

Write a minimum of
2 items for each question