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MOTIVATION

WORKSHEET



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SET REALISTIC GOALS

1. _____
2. _____
3. _____

WHAT'S YOUR WHY

1. _____
2. _____
3. _____

BUDDY SYSTEM

1. _____
2. _____
3. _____

REWARDS

1. _____
2. _____
3. _____

Be Consistent
Become Unstoppable

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