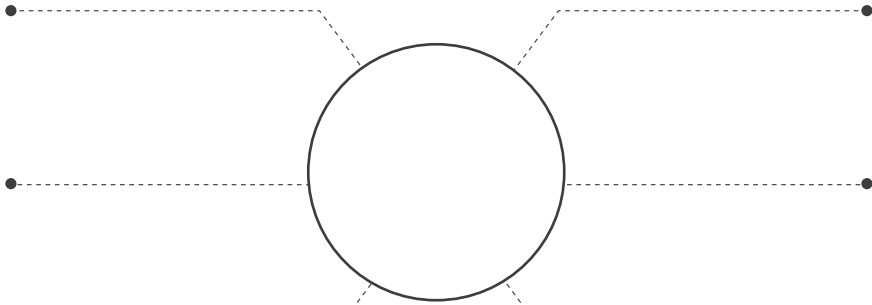


# -MAKE IT HAPPEN-

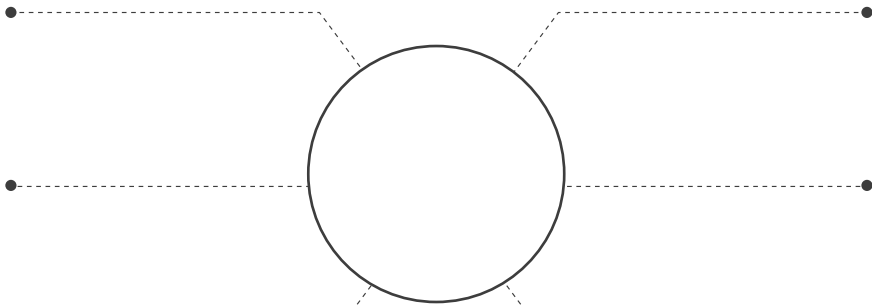
"Where focus goes, energy flows." -Tony Robbins

#DADPOWEREDGOALS



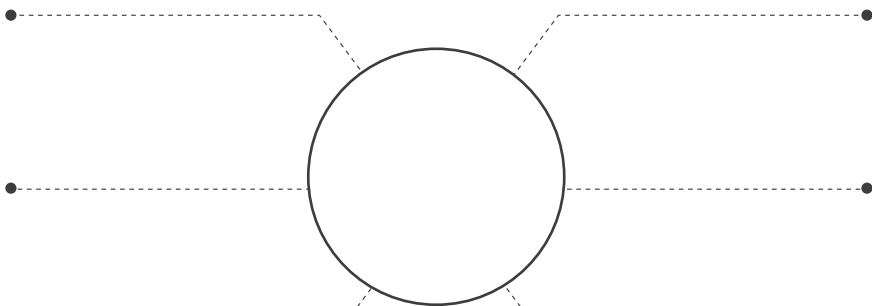
Why do I want this goal?

What will I gain when this goal is accomplished?



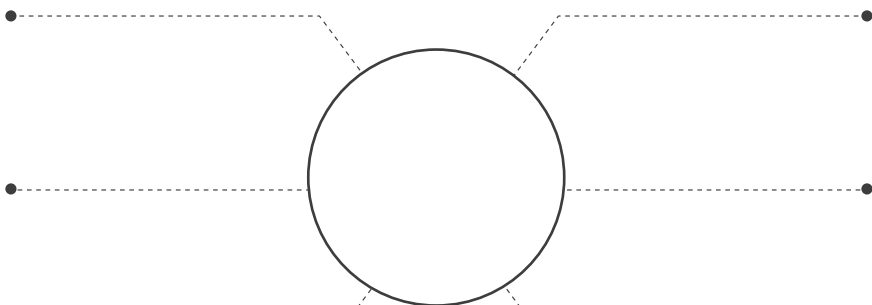
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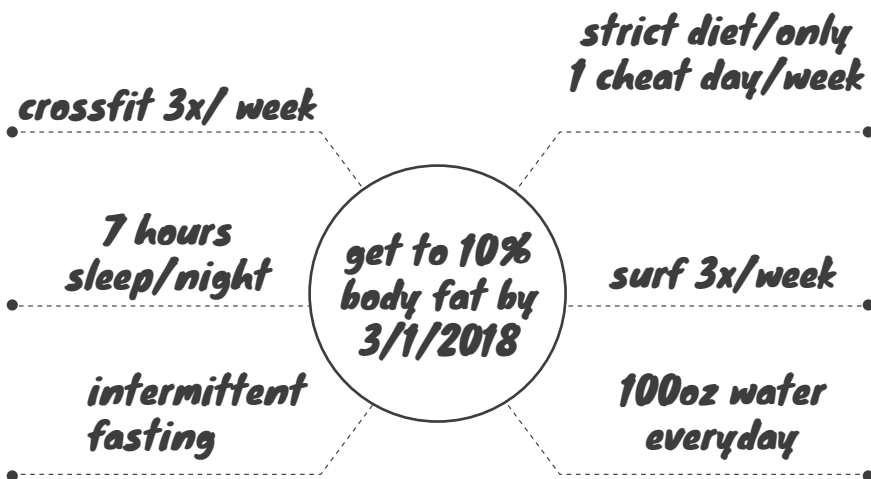
"Where focus goes, energy flows." -Tony Robbins

#DADPOWEREDGOALS

Write your top 4 goals in each circle. Follow the S.M.A.R.T guidelines for each goal.  
S-specific M-measurable A-attainable R-realistic T-time sensitive

Use the lines to write your plan of how you're going to make it happen. Keep your goals visible. Hang this on the fridge or in a spot you look at daily and for super, extra bonus points to help you achieve your goals have some accountability: take a pic and share on instagram with #dadpoweredgoals We'll give you mad props and shout outs for doing so!

## example



Why?

*I'm fat and out of shape...*

What will I gain when this goal is accomplished?

*More energy, self-confidence, be healthier, look great...*

 @dadpoweredofficial

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