

My Name:

My Coach:

Date:

## *The Life I Really Want*

**For my Health, Success, and Happiness, I desire ...**

My **BIG, Most Important** focus intention for the next three months is...

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Three things I'm **excited** about working on...

1. 

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2. 

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3. 

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Three specific **outcomes** for the next three months...

1. 

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2. 

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3. 

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