INTENTION * ATTENTION * PERSEVERANCE

My INTENTION is to (be specific):
I'm going to pay ATTENTION by:
I'm going to STAY ON TRACK by:
My REWARD will be:
My INTENTION is to (be specific):
L'es gaing to nou ATTENTION bu
I'm going to pay ATTENTION by:
I'm going to STAY ON TRACK by:
My REWARD will be: