

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)*: _____

I'm going to pay **ATTENTION** by: _____

I'm going to **STAY ON TRACK** by: _____

My **REWARD** will be: _____
