

# Intention ★ Attention ★ Perseverance

**BIG PICTURE WANT:** \_\_\_\_\_

**KEYWORD/PHRASE:** \_\_\_\_\_

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: \_\_\_\_\_

\_\_\_\_\_

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