

LIFE

What are your top 3 life goals?

What are your top 3 goals for this year?

What are your top 3 goals for this month?

What are 3 things you will do this week to help reach them?

HEALTH

What 3 changes will improve your appearance?

What 3 changes will reduce your stress?

What 3 changes will improve your health?

What are 3 things you will do this week to initiate these changes?

BUSINESS

What are your top 3 business goals this year?

What are your top 3 business goals for this month?

What are 3 actions you could take this week to grow your business?

What are 3 actions you could take this week to systemize your business?

QUOTES

Discipline Equals Freedom

Action Cures Fear

Keep It Simple