



# THREE-QUARTERS OF THE YEAR CHECKUP

## ORIGINAL GOAL

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## PROGRESS

MOTIVATION ●●●●●

CONSISTENCY ●●●●●

ACCOUNTABILITY ●●●●●

REWARDS ●●●●●

WHY DID YOU CHOOSE YOUR ORIGINAL GOAL?

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IS IT STILL THE GOAL YOU WANT FOR 2018? YES NO

● EXPECTATIONS (CONTINUED OR REVISED)

WHAT?

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● HOW?

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● WHEN?

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## RESOURCES

WHAT RESOURCES ARE YOU/ COULD YOU UTILIZE?

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## REWARDS

WHAT REWARDS DO YOU HAVE IN PLACE?

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