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| **4 - LIMITING BELIEFS (Mooring lines)** | **SUPPORTING BELIEFS** |
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| **1 – Vision** |
| What's the Vision |
| :        |
| **2 - Why** |
| Why is it important |
|  |
| **2a – Who Else** |
| Who are the top 2 or 3 other people would directly benefit from you achieving this vision |
|  |
| **2b – Why for them** |
| Why would they directly benefit from you achieving this vision |
| :          |
| **3 - OBSTICLES** | **STRATEGIES** |
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| **5 - TACTICS** |   |
|  **HABITS -**Are there habits that can support me |   |
| **SKILLS**Do i need to acquire some skills that will help me |   |
| **WHO**Who has achieved this goal or has the resources to help me achieve this goal faster |   |
| **HOW**How can i achieve this goal |   |
|  |  |
| **Step 6** | **90 DAY ACTION GOAL’s - -5 (5 being the Max)** |
| **1** |   |
| **2** |   |
| **3** |   |
| **4** |   |
| **5** |   |

**7 – WHATS THE FIRST NEXT STEP- (In the next 7 days)**

|  |  |
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| 1 |   |