

M3 FAST TRACKER

DATE:



2-3 MINUTES READING GOAL CARD OR LISTENING TO GOAL SCRIPT

■ WRITE GOAL:

■ GRATITUDE (Day of morning)

1. 2.
3. 4.
5.

I now give love to this challenging person and or situation in my life, seeing it as I want it to be. (2-3 min)

■ THINGS THAT MUST GET DONE TODAY (NIGHT BEFORE)

1. 2.
3. 4.
5.

■ PROJECTS/IDEAS I'M WORKING WITH (NIGHT BEFORE)

1. 2.
3.

■ DAILY LIFE PRIORITIES, DAY TO DAY OBLIGATIONS (NIGHT BEFORE)

1. 2.
3. 4.

■ TOP 3 WINS OF THE DAY (DAY OF EVENING)

1. 2.
3.

■ HOW I WILL IMPROVE TOMORROW (DAY OF EVENING)

1. 2.
3.

■ What did I learn today and parting thoughts/visions of improving tomorrow. (Day of evening)

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