

Goal Setting

THIS IS MY BOOTCAMP GOAL

IS MY GOAL SO EXCITING IT IS LIKE A BONFIRE IN MY HEAD
OR MORE LIKE A BIRTHDAY CANDLE?

WHAT WILL BE THE REWARD WHEN I ACHIEVE MY GOAL?

WHAT WILL HAPPEN IF I REACH MY GOAL?
HOW WILL I FEEL?

WHAT WILL HAPPEN IF I DON'T REACH MY GOAL?
HOW WILL I FEEL?

WHAT WON'T HAPPEN IF I REACH MY GOAL?

WHAT WON'T HAPPEN IF I DON'T REACH MY GOAL?

