| 6 months<br>from now |  |  |  |
|----------------------|--|--|--|
|                      | <b>1 MINUTE ACTION</b><br>to take in the next 24 hours | <b>1 MINUTE ACTION</b><br>to take the next day | <b>1 MINUTE ACTION</b><br>to take the next day |
| I want to HAVE       |  |  |  |
|                      |  |  |  |
|                      |  |  |  |
|                      |  |  |  |
| I want to BE         |  |  |  |
|                      |  |  |  |
|                      |  |  |  |
| I want to DO         |  |  |  |
|                      |  |  |  |
|                      |  |  |  |
|                      |  |  |  |

