**February 2019 ~Nailing 20 Nineteen~**

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|  | **My Goal With Soul** | **What do I need to BELIEVE about myself in order to achieve this? I AM…what?** | **How do I want to FEEL whilst I accomplish this goal?** |  **WHO will I BE when I have accomplished it?** | **WHAT I will tell myself when the going gets tough?** |
| **PERSONAL GOAL #1** |  |  |  |  |  |
| **PERSONAL GOAL #2** |  |  |  |  |  |
| **PERSONAL GOAL #3** |  |  |  |  |  |
| **PROFESSIONAL GOAL #1** |  |  |  |  |  |
| **PROFESSIONAL GOAL #2** |  |  |  |  |  |
| **PROFESSIONAL GOAL #3** |  |  |  |  |  |