

<p><i>My Number 1 Objective in the Spiritual area of my life is:</i></p> <p><i>This Day / Week / Month I will...</i></p>	<p><i>My Number 1 Objective in the Physical & Health area of my life is:</i></p> <p><i>This Day / Week / Month I will...</i></p>
<p><i>My Number 1 Objective in the Mental & Educational area of my life is</i></p> <p><i>This Day / Week / Month I will...</i></p>	<p><i>My Number 1 Objective in the Home & Family area of my life is:</i></p> <p><i>This Day / Week / Month I will...</i></p>
<p><i>My Number 1 Objective in the Social & Cultural area of my life is:</i></p> <p><i>This Day / Week / Month I will...</i></p>	<p><i>My Number 1 Objective in the Financial & Career area of my life is:</i></p> <p><i>This Day / Week / Month I will...</i></p>

I will let repetition, & my mind, work for me by filling in my #1 goals, and putting in place the steps to achieve my desired outcome