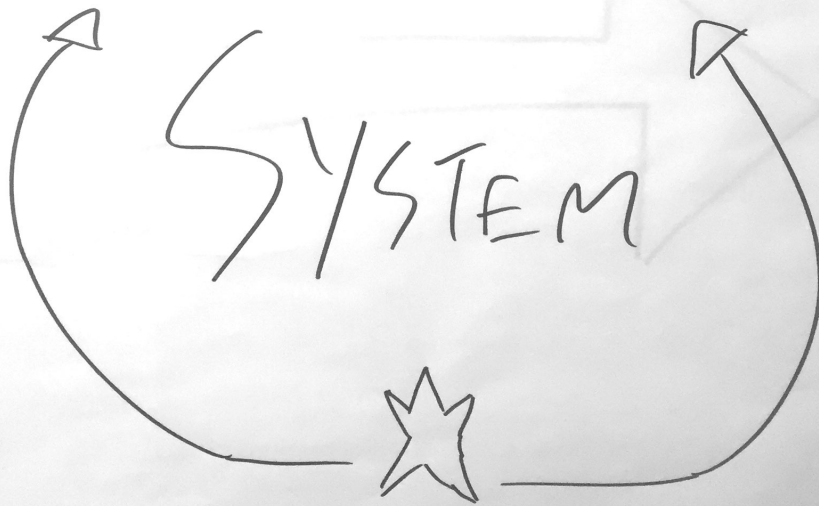


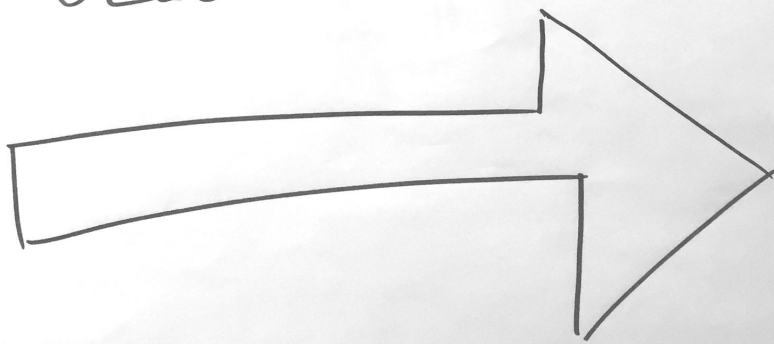
F A I L P R O O F

F O L L O W T H R O U G H ?



ACTION PLAN ✓

FOLLOW THROUGH ?



You know what you must do.

Will you do it?

4)

Accountability

→ Self

→ Parents (Moms, Grand)

→ School (Teacher, PE, Friend)

→ Other (Sister, FB, ...)

FOLLOW THROUGH SYSTEM

1) VISUALIZE

→ Following through vs. Giving up

2) REVIEW

→ Goals, Strategies, Weaknesses

3) SCHEDULE

→ "You will never find time, unless you make time."

4) ACCOUNTABILITY

→ Self

→ Peers (Friends, Teammates)

→ World (Social, YouTube, Forums)

→ Others (Dylan, FB Group)

QUESTIONS TO ASK YOURSELF

1) Did I visualize today?

2) Did I review today?

3) Did I schedule today?

4) Did I ACT today?

↓
taking action

↓
becoming good enough