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PRINT OUT AND FILL IN THE BLANKS.

**STEP #1: GET CLEAR**

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**STEP #2: CHALLENGE YOURSELF**

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**STEP #3: LIST YOUR REASONS**

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**STEP #4: FOCUS ON ONLY A FEW**

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**STEP #5: PLAN YOUR STEPS**

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**STEP #6: ASK FOR HELP**

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**STEP #7: TRACK YOUR PROGRESS**

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**STEP #8: OVERCOME ANY OBSTACLES**

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**STEP #9: PUMP UP THE ENERGY**

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**STEP #10: CELEBRATE YOUR SUCCESS**

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