2023 QUARTERLY GOALS

QUARTERLY GOALS ---- Q1

| Personal |
|-------------------|
| Goal to Achieve — |
| Habit to Form — |
| Financial |
| Goal to Achieve — |
| Habit to Form — |
| Professional |
| Goal to Achieve — |
| Habit to Form — |

2023 Q1 HABITS

Personal

Habit to Form —

| | М | Т | W | R | F | S | S |
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| Week 1 | | | | | | | |
| Week 2 | | | | | | | |
| Week 3 | | | | | | | |
| Week 4 | | | | | | | |
| Week 5 | | | | | | | |
| Week 6 | | | | | | | |

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| Week 7 | | | | | | | |
| Week 8 | | | | | | | |
| Week 9 | | | | | | | |
| Week 10 | | | | | | | |
| Week 11 | | | | | | | |
| Week 12 | | | | | | | |

Professional

Habit to Form —

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| Week 2 | | | | | | | | Week 8 | | | | | | | |
| Week 3 | | | | | | | | Week 9 | | | | | | | |
| Week 4 | | | | | | | | Week 10 | | | | | | | |
| Week 5 | | | | | | | | Week 11 | | | | | | | |
| Week 6 | | | | | | | | Week 12 | | | | | | | |

Financial

Habit to Form —

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| Week 3 | | | | | | | |
| Week 4 | | | | | | | |
| Week 5 | | | | | | | |
| Week 6 | | | | | | | |

| | М | Т | W | R | F | S | S |
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| Week 8 | | | | | | | |
| Week 9 | | | | | | | |
| Week 10 | | | | | | | |
| Week 11 | | | | | | | |
| Week 12 | | | | | | | |

2023 Q1 GOALS

| Personal | |
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| Goal to Achieve — | |
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| Task 2 | |
| Task 2 | |
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| Task 3 | |
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| Task 4 | |
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| Task 5 | |
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| Task 6 | |
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| Task 7 | |
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| Tool: 9 | |
| Task 8 | |
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| Task 9 | |
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| Task 10 | |
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| Task 11 | |
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| Task 12 | |
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2023 Q1 GOALS

| Profes | sional |
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| Go | al to Achieve — |
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| | Task 1 |
| | Task 1 |
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| | Task 4 |
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| | Task 5 |
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| | Task 11 |
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| | Task 12 |
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2023 Q1 GOALS

| Goal to Achieve — Goal to Achieve — Task 1 Task 2 Task 2 Task 3 Task 3 Task 4 Task 4 Task 5 Task 5 Task 5 Task 6 Task 6 Task 7 Task 8 Task 8 Task 9 Task 10 Task 10 | Financial | |
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| Task 2 1ask 3 Task 4 Task 5 1ask 6 Task 6 Task 7 Task 8 Task 9 Task 10 Task 11 | Goal to Achieve — | |
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| Task 3 Task 4 Task 5 Task 6 Task 7 Task 8 Task 9 Task 10 Task 11 | | |
| Task 3 Task 4 Task 5 Task 6 Task 7 Task 8 Task 9 Task 10 Task 11 | Tack 2 | |
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| Task 4 Task 5 Task 6 Task 7 Task 8 Task 9 Task 10 Task 11 | | |
| Task 5 Task 6 Task 7 Task 8 Task 9 Task 10 Task 11 | Task 3 | |
| Task 5 Task 6 Task 7 Task 8 Task 9 Task 10 Task 11 | | |
| Task 6 Task 7 Task 8 Task 9 Task 10 Task 11 | Task 4 | |
| Task 6 Task 7 Task 8 Task 9 Task 10 Task 11 | | |
| Task 6 Task 7 Task 8 Task 9 Task 10 Task 11 | Task 5 | |
| Task 7 Task 8 Task 9 Task 10 Task 11 | | |
| Task 7 Task 8 Task 9 Task 10 Task 11 | Task 6 | |
| Task 8 Task 9 Task 10 Task 11 | | |
| Task 8 Task 9 Task 10 Task 11 | Task 7 | |
| Task 9 Task 10 Task 11 | 1dSK / | |
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| Task 10 Task 11 | Task 8 | |
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| Task 12 | | |
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