USSSA

Massive Transformation Formula

WORKSHEET

BIG 3

Goal #1:

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Key Behaviors:

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Goal #2:

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Key Behaviors:

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_____

Goal #3:

_____

Key Behaviors:

_____
_____
_____

Morning Routine:

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_____

Evening Routine:

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_____
_____
_____

Keystone Habit:

_____

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