

QUARTER SNAPSHOT

MONTH _____

DREAM BIG FAST 

NAME _____	WORD OF THE YEAR _____	MANTRA OF THE YEAR _____
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QUARTER INTENTION _____

◆ **DBF YEAR BIG 3** _____ VISION ANCHOR

BIG 3 - #1 _____	BIG 3 - #2 _____	BIG 3 - #3 _____
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◆ **3 MONTHLY MILESTONES** _____ PLAN · HABIT · SYSTEM PER MILESTONE

1 MILESTONE - ADVANCES BIG 3 #1 _____ TARGET / DEADLINE _____

◆ PLAN _____ ◆ HABIT _____ ◆ SYSTEM _____

2 MILESTONE - ADVANCES BIG 3 #2 _____ TARGET / DEADLINE _____

◆ PLAN _____ ◆ HABIT _____ ◆ SYSTEM _____

3 MILESTONE - ADVANCES BIG 3 #3 _____ TARGET / DEADLINE _____

◆ PLAN _____ ◆ HABIT _____ ◆ SYSTEM _____

◆ **HABITS — THIS MONTH** _____

HABIT	CADENCE	TARGET

◆ **LOCKED CALENDAR** _____

BLOCK / EVENT	PILLAR	IN CAL?

◆ **BIGGEST WIN — LAST QUARTER** _____

◆ **LAST QUARTER ACCOUNTABILITY** _____

Held accountable as committed?

IF NO — WHAT BROKE? _____

<p>MONTHLY COMMITMENT</p> <p><i>"I commit to showing up with intensity, focus, and discipline this month. My actions will reflect the person I am becoming."</i></p>	<p>HELL YES ON BIG 3?</p> <p>#1 (Y) (N) #2 (Y) (N)</p> <p>#3 (Y) (N)</p>	<p>X _____</p> <p>SIGNED & DATED</p>
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