



As seen in Chapter 11 of *BullyProof: Using subtle Strength to Influence Alphas & Strengthen Society*

Stay **ON** POINT with your **GOALS**

by finishing with **HOW**   
Habits | Obstacles | Way Forward

What I want to accomplish	
Why I want to accomplish it	
When I want to accomplish it	



Habits that...

take me away from my objectives	
take me toward my objectives	



Obstacles



Way Forward



Who will help me with my HOW