



MY GOAL

"WHAT TO SAY WHEN YOU TALK TO YOURSELF" By Shad Helmstetter -
Techniques to program your potential for success.

RESOURCES: Purchase 'What To Say When You Talk To Yourself' by Shad Helmstetter

SUGGESTED GOAL PAIRINGS: Daily Meditation - Social Media Fast - Weekly Mentoring Sessions

PROGRESS: For each of the 24 chapters in the book you read, color in a box.

**WHAT TO SAY WHEN
YOU TALK TO
YOURSELF CHAPTERS**

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|---------------|---------------|---------------|---------------|---------------|
| CHAPTER 1 | CHAPTER 2 | CHAPTER 3 | CHAPTER 4 | CHAPTER 5 |
| CHAPTER 6 | CHAPTER 7 | CHAPTER 8 | CHAPTER 9 | CHAPTER 10 |
| CHAPTER 11 | CHAPTER 12 | CHAPTER 13 | CHAPTER 14 | CHAPTER 15 |
| CHAPTER 16 | CHAPTER 17 | CHAPTER 18 | CHAPTER 19 | CHAPTER 20 |
| CHAPTER 21 | CHAPTER 22 | CHAPTER 23 | CHAPTER 24 | |