LIFE PLAN
PERSONAL GOALS PLANNER

e3 Professional Trainers

I will not live an outstanding life by accident! I can only live an outstanding life by forming habits and creating disciplines that will allow me to achieve excellence everyday.

Knowing that to be true, I will do the following things on a regular basis, because I know that EXCELLENCE IS A CHOICE!

Physically	
Mentally	
Spiritually	
Socially	
Morally	
Margin	

The life I live is important enough to me to choose to discipline myself to do the above things as often as possible in order to live a life of excellence. Signed: _____ Date: _____

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