

<p>Overview - General description of category. Describe your high level vision of this section of your life.</p>	<p>Results - What this will lead to. What will improving this area do for your life? Read daily for momentum & limbic support.</p>
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<p>Specific Goals + <i>'Checklist' style achievable goals.</i> Read daily for prefrontal cortex support.</p>	<p>Massive Fast Actions <i>ANY small act that will lead towards a goal.</i> <i>Preferably, broken down into <15min items.</i> Work on 1+ daily for healthy dopamine.</p>	<p>IF Ignored - <i>What happens if you do nothing.</i> Read then do M.F.A. daily to strengthen amygdala and anterior cingulate cortex.</p>
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