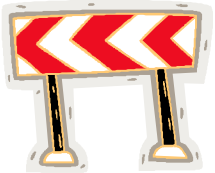
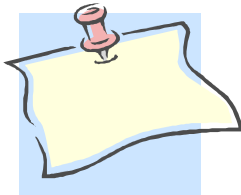


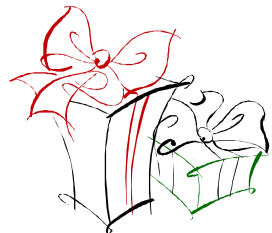
À qui demanderez-vous de l'aide?



Qu'est-ce qui pourrait vous faire dévier de vos objectifs? Que ferez-vous pour rester sur la bonne voie?



Comment saurez-vous que vous avez atteint vos objectifs?

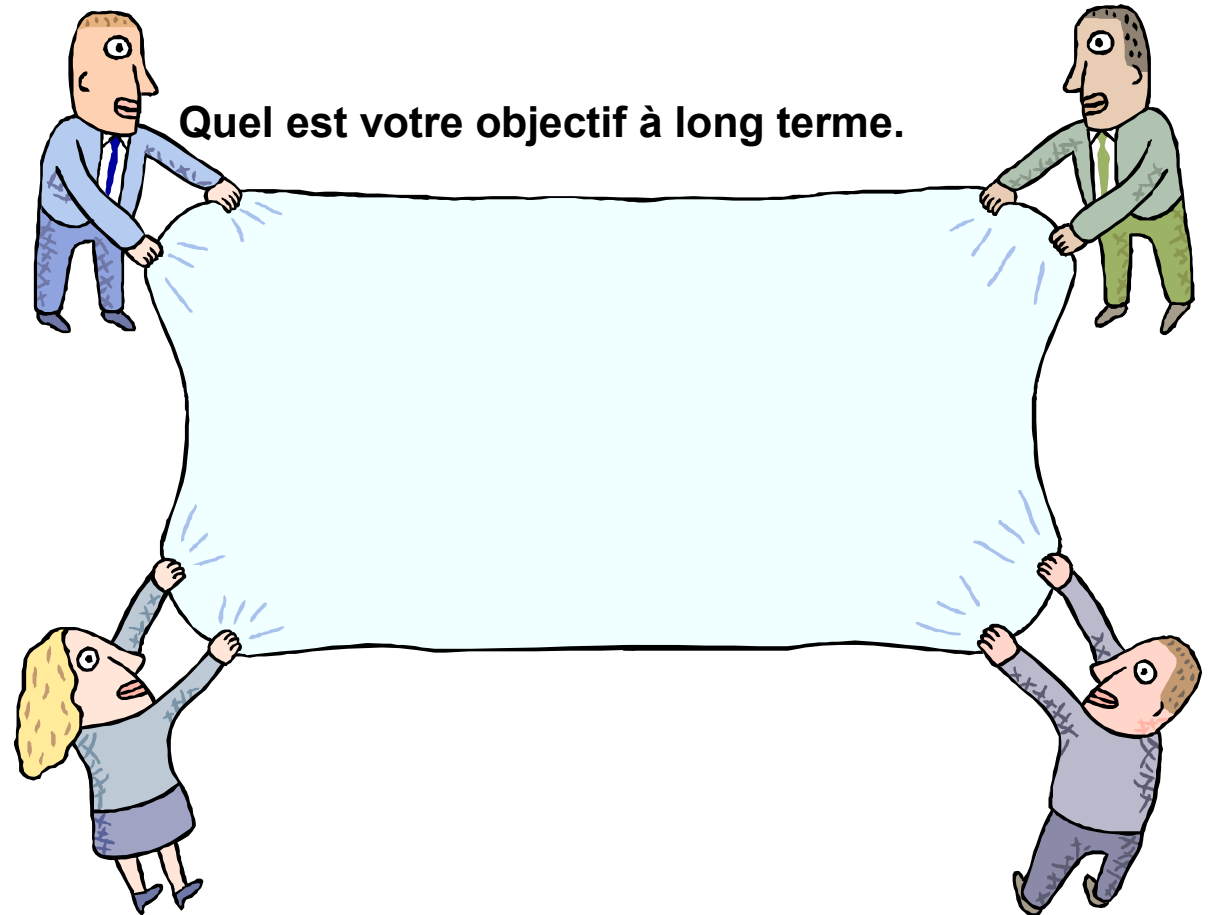


Quelle sera votre récompense pour avoir atteint votre objectif à long terme?

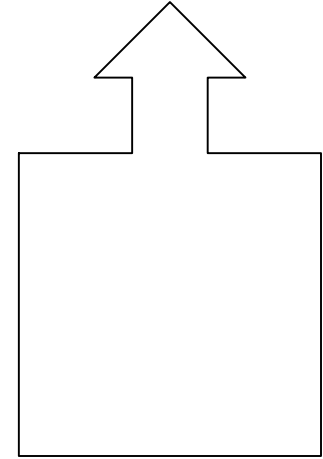
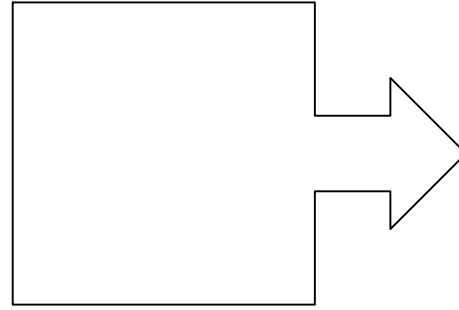
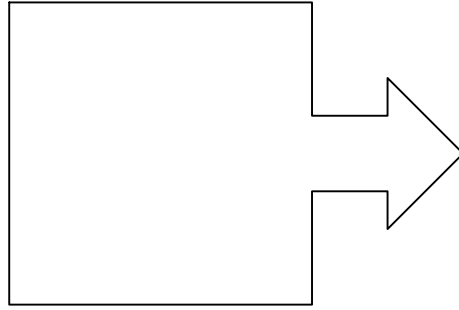
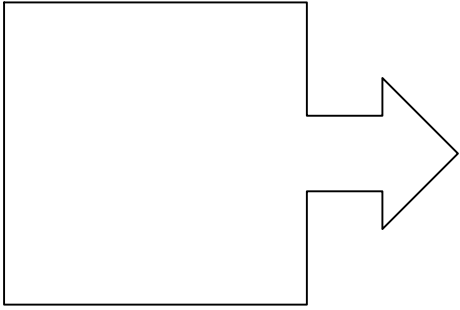
Nom :

Date de début :

Date de fin :

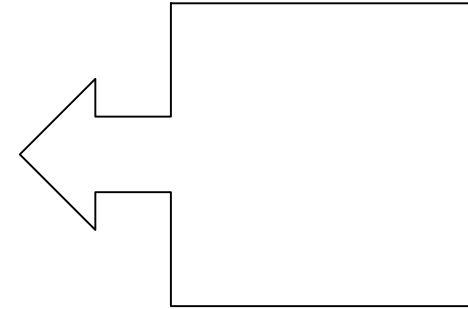
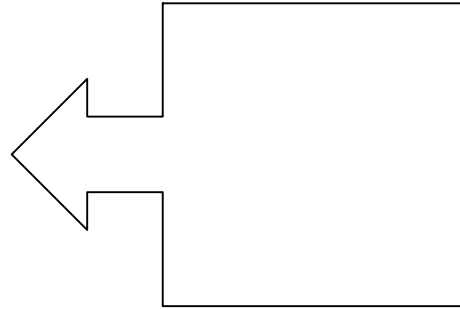
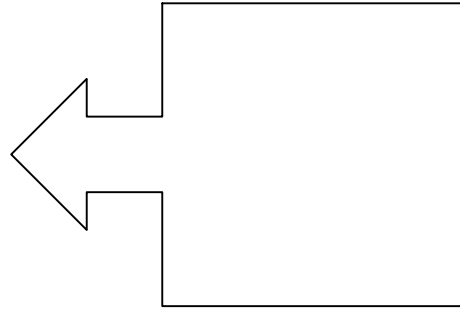
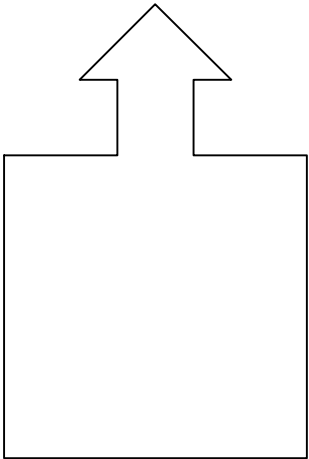


Fixez-vous un objectif pour le mois.



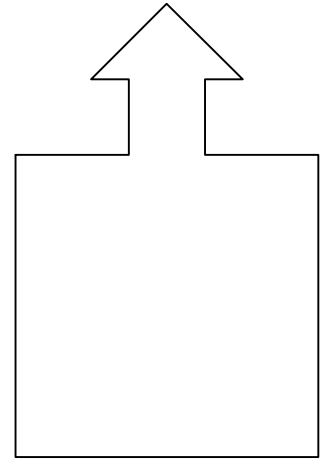
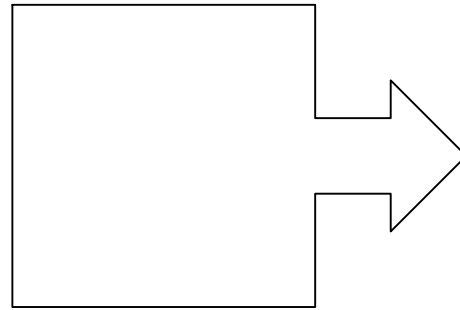
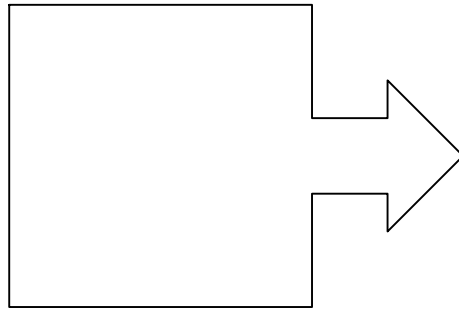
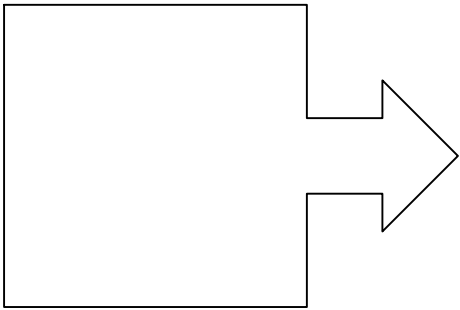
Mois 6

Fixez-vous un objectif pour le mois.

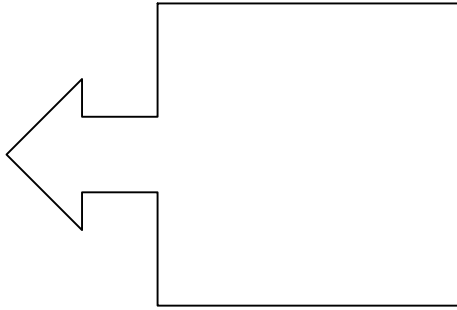
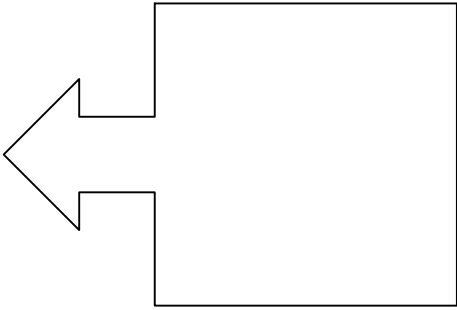
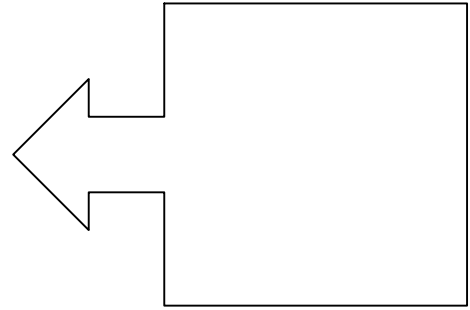
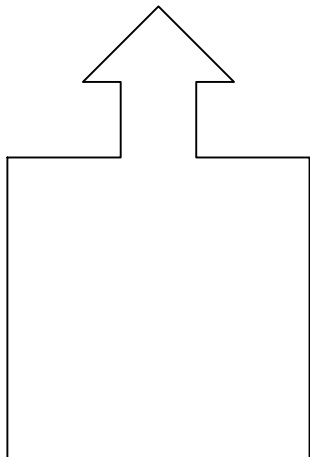


Mois 5

Fixez-vous un objectif pour le mois.



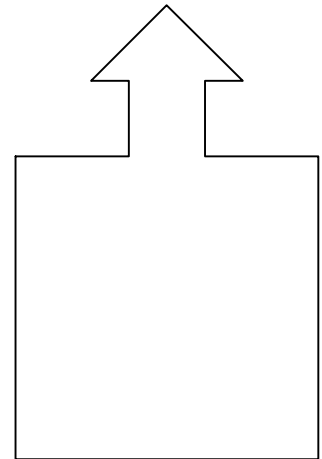
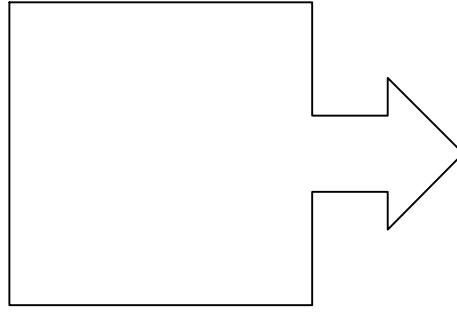
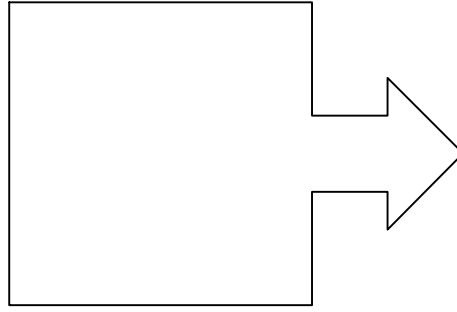
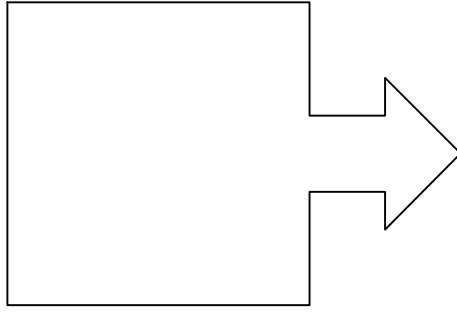
Mois 4



Fixez-vous un objectif pour le mois.

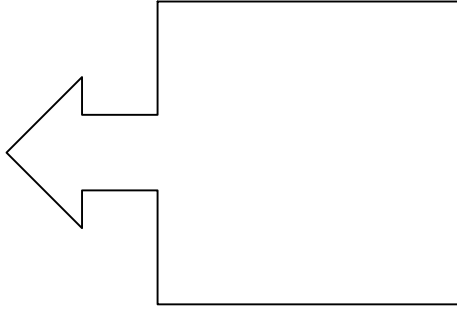
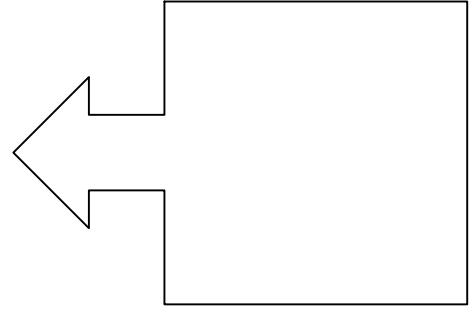
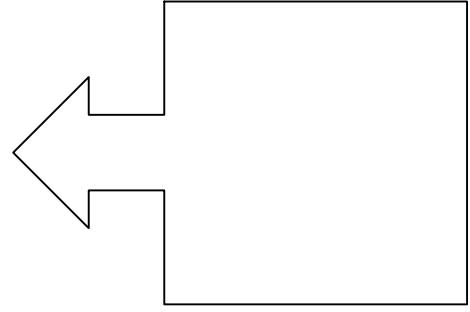
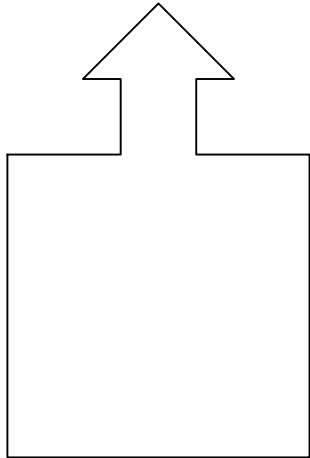
Mois 3

Fixez-vous un objectif pour le mois.



Mois 2

Fixez-vous un objectif pour le mois.



Départ