**Heart Gate Activation Playlist – Your Title Date**

**My Goal: Describe your goal in a way that can be measured, ex. 2 new clients/week;**

**10 FB Likes/day**

**Playlist: Breakdown your goal into smaller steps**

1. 1st
2. 2nd
3. 3rd
4. 4th
5. 5th
6. 6th
7. 7th
8. 8th
9. 9th

[Add more if needed]

[Highest Good of All Statement]