

What I do to help he/she/myself to achieve the dream?

[1]
How he/she/myself looks like when i achieved my dream?

What are the insights/understandings that I'm taking with me from this process?

Write it down

Doing

How will I express his/her/mine insight in my life in a practical way?

Action to be completed in the next 24 hours

Action to be completed in the next week

Action to be completed in the next month
