

# 2018

BRAINSTORM YOUR LIFE, GOALS, AND PROJECTS TO ALLOW YOURSELF TO OBTAIN THE HIGHEST LEVELS OF EFFICIENCY THIS YEAR, AND EVERY YEAR!



2018 and Beyond

## goal setting workbook

by nick  
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TROMBONIST | COMPOSER

“

**IF YOU AIM AT  
NOTHING  
YOU'LL HIT IT  
EVERY TIME**

*The more time you take now to plan for the months and years ahead,  
the faster you'll reach the life you are dreaming to create.*

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