



Day and Date

1. _____

2. _____

3. _____

4. _____

5. _____

Notes:

Today's Thunderbolts

The Goals Institute
703-264-2000 • www.goalpower.com

A Thunderbolt is a substantive goal that you want to achieve and intend to achieve in its entirety during the day.

—from the book *It's About TIME!* by James R. Ball and Jennifer A. Kuchta

