## One Bite at a Time Action plan

| Goal                  |                           |
|-----------------------|---------------------------|
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| Action Steps (bites): | Motivation: (The Why)     |
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| •<br>                 | Notes                     |
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|                       |                           |
| •                     | Celebration: (The Reward) |
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|                       |                           |
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| www.zoharyross.com    |                           |