

The Frustration Breakthrough

Name: _____

Date: _____

Frustration	Ideal Result
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
11	11
12	12

Goal

To break through all of my current frustrations.

By when:

Strategy	30-Day Action Plan
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	

