



JAMES ROBERTSON
FITNESS

AMBITION BOARD

'YOU ARE A WALKING REPRESENTATION OF
YOUR DAILY HABITS' - MY MANTRA

Place your pictures here →

**A POSITIVE
MINDSET =
ENDLESS
POSSIBILITIES**

Empty box for 'BEFORE PICTURE'

BEFORE PICTURE

Empty box for '3 MONTH PROGRESSION'

3 MONTH PROGRESSION

Empty box for '6 MONTH PROGRESSION'

6 MONTH PROGRESSION

Empty box for '12 MONTH PROGRESSION'

12 MONTH PROGRESSION

**A HEALTHY
BODY = A
POSITIVE
MINDSET**

**START
MAKING
SUCCESS A
HABIT**

**I WANT TO
SEE WHAT
HAPPENS IF
I DON'T
GIVE UP**

**A GOAL
WITHOUT A
PLAN IS JUST
A WISH**

**ONLY I CAN
CHANGE MY
LIFE, NO ONE
CAN DO IT
FOR ME.**

LIST 3 AMBITIONS YOU WOULD LIKE TO ACHIEVE

1.

2.

3.

LETS MAKE THEM HAPPEN! THE NEXT 3 MONTHS I WILL ACHIEVE

1.

2.

3.

THE NEXT 6 MONTHS I WILL ACHIEVE

1.

2.

3.

THE NEXT 12 MONTHS I WILL HAVE ACHIEVED

1.

2.

3.

THE POSSIBILITIES ARE ENDLESS! DO NOT LET YOURSELF BE HELD BACK BY NEGATIVE BELIEVES! REACH FOR THE SKY!