

# Get your butts OUT OF IT!

..... WHAT'S YOUR **GOAL**? .....

List 3 reasons (BUTs) you seemingly  
can't accomplish your goal.

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List your 2 biggest time trolls.

1		2	
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When does it strike?

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When does it strike?

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How much time does it steal?

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How much time does it steal?

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List 6 **But Blockers** you can use to stop these time trolls!


What **reward** do you promise yourself for blocking these?!

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