

Ferramenta de Planejamento

Sonhos (objetivos)

Barreiras de cada objetivo

Estratégia para derrubar as barreiras

The image shows a blank worksheet template on a dark blue background. It consists of a 7x3 grid of white rectangular boxes. Each box is connected to the next box in the same row by a horizontal line with a small orange dot in the middle. The boxes are empty, and there are no labels or text on the page.