

Get What You Want Cheat Sheet

STEP 1

Choose ONE goal.

1

STEP 2

Define what "success" looks like.

2

STEP 3

Identify self-defeating behaviors that move you further away from that goal

3

STEP 4

Create a contingency plan for what you'll do instead of those self-defeating behaviors

4

STEP 5

Layout the steps you'll need to take to reach your goal

5

STEP 6

Break those steps down till they're tiny + doable

6

STEP 7

Schedule the steps into your calendar (add accountability if necessary)

7

STEP 8

Talk about your goal publicly and repeatedly

8

STEP 9

Be willing to get emotionally, psychologically, and physically uncomfortable in service of your goal

9

STEP 10

Track efforts, not outcomes + celebrate progress!

10