

The minimalist goal & habit system built for success

THEY SAY "IF YOU CAN'T EXPLAIN IT SIMPLY - YOU HAVE NOT UNDERSTOOD IT". THIS IS WHY I CREATED THE SIMPLEST, MOST SELF-EXPLANATORY METHOD FOR SETTING A HABIT SYSTEM IN PLACE THAT WILL HELP YOU REACH YOUR GOALS WITHOUT UNNECESSARY OVERHEAD.

THIS METHOD WILL TAKE YOU THROUGH THE PROCESS OF SETTING GOALS, DIVIDING THEM INTO MILESTONES AND BREAKING THE MILESTONES INTO HABITS. AFTER YOU COMMIT TO YOUR CHOSEN HABITS, IT WILL HELP YOU ENSURE THEIR COMPLETION WITH THEM USING THREE OF THE MOST POWERFUL TECHNIQUES FOR SUCCESS.

THEN ALL YOU HAVE TO DO IS USE THE PROVIDED HABIT TRACKER OR A CONVENIENT APP OF YOUR CHOICE AND ABSOLUTELY SMASH THROUGH YOUR GOALS. YEAH!

Goals

1. BRAINSTORM SOME GOALS THAT YOU WOULD LIKE TO WORK ON. INCLUDE AT LEAST ONE HEALTH GOAL.

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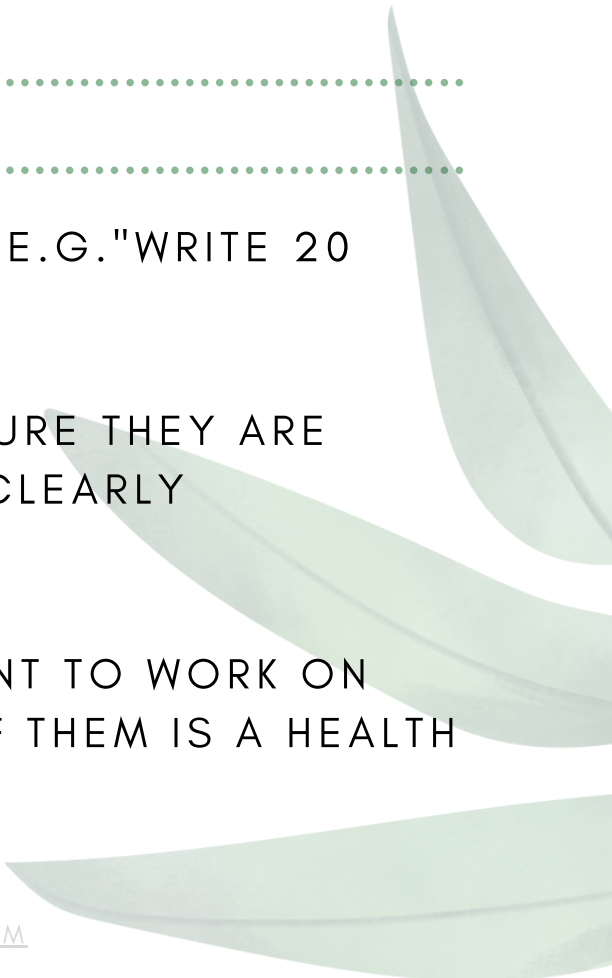
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2. ADD A DEADLINE TO EACH GOAL E.G."WRITE 20 ARTICLES IN THE NEXT 30 DAYS"

3. ADJUST YOUR GOALS TO MAKE SURE THEY ARE ATTAINABLE BY THE DEADLINE AND CLEARLY MEASURABLE

4. CHOOSE 3 GOALS THAT YOU WANT TO WORK ON FIRST. MAKE SURE AT LEAST ONE OF THEM IS A HEALTH GOAL -HEALTH COMES FIRST.





Milestones

1. WRITE DOWN YOUR THREE GOALS NEATLY. LET THEM INSPIRE YOU ALONG THE WAY.

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2. DEFINE TWO OR THREE MILESTONES FOR EACH OF YOUR GOALS. THEY WILL GUIDE YOU ALONG THE WAY AND HELP YOU CELEBRATE SMALL WINS.

TRACK HABITS EVERY DAY FOR 30 DAYS

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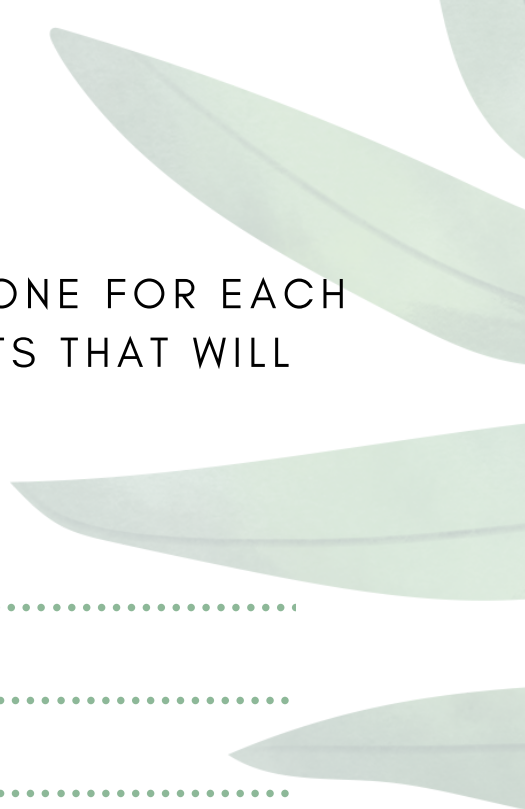
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Habits



1. HAVE A LOOK AT YOUR FIRST MILESTONE FOR EACH GOAL. WHAT ARE THREE REGULAR HABITS THAT WILL HELP YOU ACHIEVE IT?

MILESTONE I

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MILESTONE II

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MILESTONE III

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MILESTONE IV

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2. CHOOSE AND UNDERLINE ONE OR TWO HABITS FOR EACH MILESTONE THAT YOU CAN COMMIT TO.

Habit Tracker

1 2 3 4 5
6 7 8 9 10
11 12 13 14 15
16 17 18 19 20
21 22 23 24 25
26 27 28 29 30
31

HABIT: (TRACK PROGRESS)

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FREQUENCY: (EVERY DAY)

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6 7 8 9 10
11 12 13 14 15
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HABIT:

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FREQUENCY:
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Keystone Habit

1. WHAT IS THE ONE HABIT IN YOUR TOOLKIT, WHICH UPON COMPLETION, WILL MAKE YOU FEEL THE MOST MOTIVATED AND SUCCESSFUL?

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2. HOW WILL YOU ENSURE THAT YOU COMPLETE THIS HABIT?

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WHO WILL YOU TELL?

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HOW WILL YOU MAKE IT EASIER TO COMPLETE?

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Environment Design

1. HOW CAN YOU SET UP YOUR SPACE TO MAKE FOLLOWING UP ON YOUR HABITS EASY AND INTUITIVE?

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2. IS THERE ANYTHING YOU CAN ADD OR REMOVE TO REMIND YOURSELF OF YOUR GOALS & HABITS?

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3. CAN YOU THINK OF ANY FRIENDS WHO WILL INSPIRE YOU TO WORK ON YOUR GOALS & HABITS?

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MAKE SURE YOU MAKE YOUR *HABIT TRACKING* HABIT AS OBVIOUS AS POSSIBLE!

Habit - Reward System

1. FOR EACH OF YOUR HABITS, IS THERE ANY WAY THAT YOU CAN GIVE YOURSELF A SMALL REWARD FOR COMPLETION? BRAINSTORM A FEW IDEAS TO TRY OUT.

HABIT

REWARD

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Milestone Review

1. DID YOU ACHIEVE YOUR MILESTONE? UPDATE YOUR PROGRESS IN THE MILESTONE SHEET.

2. WHAT ARE THE THINGS THAT WENT WELL?

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3. WHAT ARE THE THINGS THAT DIDN'T GO AS WELL?

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4. ARE THERE ANY HABITS YOU WANT TO SWAP?

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5. ARE THERE ANY GOALS YOU WANT TO SWAP?

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6. RETURN TO THE HABIT SHEET AND START OVER WITH THE NEXT MILESTONE. WELL DONE!