

NYC Guitar School Goal Worksheet

My goal might be to:

To accomplish this goal I might need to become a person who regularly:

Shoulders of (everyday) giants

I know that somebody else accomplished this goal by being a person who:

What process might I follow to accomplish this goal?

(Adapt from the example of others, what/where/when/how*)

What commitment devices might i use to support this process?

(Reduce the need for willpower with “howpower”– interpersonal support, advance commitments, penalties, process supports, default settings etc.)

***The whyality check:** Before committing to this goal, make sure you are clear on why it is important to you. What will reaching it mean? What will not reaching it cost?

Personal greatness happens one day at a time!

My goal is:

Because:

To accomplish this goal I am becoming a person who regularly:

Other people have done this. I can too. **My what/where/when/how process is:**

I replace willpower with howpower through processes, interpersonal support, advance commitments, penalties, default settings etc. **My structure for commitment is:**

I know that everyone who accomplished my goal has been imperfect and has experienced setbacks—but they got back on track. So will I.
If I get off track, I get back on track.

I will review this goal regularly and will help others by sharing my inspirational success with them. **I commit to this goal.**

 Signed:

Date:

