

YOU CAN DO IT WORKSHEET

Build An Ironclad Plan To Reach Your Goal! (*Not Just For Guitar*)

If you want something so bad that you're considering making a resolution to make it happen, then you need to spend 15 minutes getting real and concrete about how you're going to do it. Here's a series of science-backed questions to help you bulletproof your goal. After you complete this worksheet, you can incorporate your most valuable ideas into your plan.

- What is your **goal**—something you really want to do, be, attain or accomplish?
 - Reality check: are you SURE that this is something you actually want? What makes you sure? How does this line up with your life goals?
 - Get specific: what might be a specific marker of progress or success in this goal?
- What is an **activity** that you feel confident would ensure you accomplish this goal?
 - Reality check: are you SURE that if you consistently maintained this activity or habit over time that you would reach your goal? If you don't feel confident, go back and refine your activity.
 - Get specific about your activity. What are you doing? Where? For how long? Following what plan?
- Where will the habit or activity go in your day? Can you "stack" it before or after something you already do on a regular basis.
- How can you make your activity *easier* by *setting up your environment* in a helpful way?
- Are there any unwanted or unhelpful habits currently occupying the new habit's "niche" of time and place? What are they? How can you curtail them?
- What are some of the ways your habit could get derailed? How can you prepare for and overcome these setbacks?

- What structures for *accountability or commitment* can you use to reduce your dependence on willpower? How can you make meeting your goals *automatic*?
- How might you get *social support* from other people pursuing similar goals?
- How can you track your habit?
- Is there a short “ritual” you can use to get extra activation power and meaning each time you begin your activity?
- When and how will you review and refine your goal and habit?
- Now review the above and select the most useful parts to make a plan. You don’t need a complicated plan with all the bells and whistles. You just need a plan that will work. So...what is your plan?
- What is your next step to put this plan into action, and when and how will you do it?

“Well begun is half done.”
— Aristotle