

What Is Going Right

Please, write down at least 12 things that you are doing right about achieving your goal. Repeat process for any other situation or goal you have. Make sure to keep this list in front of you during your day to inspire and motivate you to keep on track.

1

2

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12

Groundhog Day

| | Goal | What worked | What didn't work | Course correction | Next Step |
|---|------|-------------|------------------|-------------------|-----------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |