

MAKING BIG GOALS SMALL

REAL EXCUSES & WHAT TO DO ABOUT THEM

But my list is too long!

Write 4 lists on separate sheets of paper or 4 separate notes on a note app. Label them TODAY, THIS WEEK, THIS MONTH, THIS YEAR. Keep the lists together with today's list on top to keep you focused on today.

But my goals are too overwhelmingly hard!

Or maybe they're too vague. It's easier to follow steps, so make a list of the specific steps required to meet your outcome or goal.

But my brain is so random!

The brain remembers on it's own time, so be ready to WRITE THOUGHTS DOWN! Keep paper & pens in your purse, car, kitchen, bathroom, & on your night stand, or collect thoughts on a note app on your phone.

