

F E A R G O A L S W O R K S H E E T

G O A L

DUE DATE:

F O C U S

What I will do to ensure focus is present

Y O U R W H Y

E M O T I O N

What I will do to leverage my emotions

5 M I L E S T O N E S

A G I T A T I O N

How will I ensure I disrupt my routine

T H E C O S T O F I N A C T I O N

R E P E T I T I O N

What I will do to ensure it is repeated

B E N E F I T S O F A T T E M P T I N G