

## **2X Daily Write Down Method**

Grant Cardone - best-selling author of the 10X Rule - says he writes his goals down twice a day – once in the morning – and again at night. The idea is to wake up and go to sleep with your goals in mind - think about them during the day and dream of them at night.

This is a simple concept, leveraging the many studies indicating simply writing down your goals leads to their attainment at a rate much higher than for those who do not commit them to paper or file.

Further, putting your goals as a high priority - the first you see in the morning and the last at night - reduces distractions, keeps you on track as you are continually faced with the goals you believe are important to you.