

BECOMING MORE SELF-DISCIPLINED:

GOAL AND ACTION PLANS

SMART Goal:

I will become more self-disciplined to achieve 3 major goals in my life in the next 24 months.

action plans

- 1 I WILL SET 1 TO 3 AMBITIOUS BUT REASONABLE GOALS TO ACHIEVE IN THE NEXT 24 MONTHS.
- 2 I WILL WATCH ONLY 1 HOUR OF TELEVISION PER DAY.
- 3 I WILL MAKE A LIST OF THINGS I NEED TO DO EACH DAY AND NOT REST UNTIL THOSE IMPORTANT TASKS ARE COMPLETED.
- 4 I WILL ONLY SCROLL THROUGH SOCIAL MEDIA POSTS FOR 30 MINUTES PER DAY.
- 5 I WILL MAKE A LIST OF THINGS I NEED TO DO EACH DAY AND NOT REST UNTIL THOSE IMPORTANT TASKS ARE COMPLETED.
- 6 I WILL START USING A PLANNER IMMEDIATELY TO WRITE THINGS DOWN THAT I CANNOT AFFORD TO FORGET.
- 7 I WILL CAREFULLY TRACK HOW EVERY MINUTE OF MY DAY GETS USED TO LEARN TO USE MY TIME AS EFFICIENTLY AS POSSIBLE.
- 8 I WILL CAREFULLY TRACK HOW EVERY MINUTE OF MY DAY GETS USED TO LEARN TO USE MY TIME AS EFFICIENTLY AS POSSIBLE.
- 9 I WILL WAKE UP AT LEAST 30 MINUTES EARLIER EACH DAY, INCLUDING WEEKENDS, TO START WORKING ON MY GOALS.
- 10 I WILL READ 4 MOTIVATIONAL OR SELF-HELP BOOKS EACH YEAR.
- 11 I WILL BREAK BIG PROJECTS, TASKS, AND GOALS INTO SMALLER PIECES AND WORK TIRELESSLY ON ACHIEVING THEM.
- 12 I WILL TRACK MY PROGRESS ON MY GOALS AND STAY ON TRACK ON A BIWEEKLY OR MONTHLY BASIS.
- 13 I WILL START USING A PLANNER IMMEDIATELY TO WRITE THINGS DOWN THAT I CANNOT AFFORD TO FORGET.
- 14 I WILL CELEBRATE MY PROGRESS EACH WEEK OR EVERY 2 WEEKS.
- 15 I WILL SET DEADLINES FOR MYSELF AND MEET THOSE DEADLINES AT LEAST 90% OF THE TIME!