

# Procrastination Killer

---

**The goal or outcome I want to achieve:**

|  |  |
|--|--|
| 01. Why is this thing important?   | 02. What happens if I don't do it? (in one to ten years)                             |
| 03. What steps can I take to start working towards the goal today?                     | 04. How will my life look like when I have achieved this goal? (in one to ten years) |
| 05. What have other people done to achieve the same goal? How can I copy their habits? | 06. How will my life look like when I achieve this goal? (in one to ten years)       |

---

**Three things I commit to do in order to achieve my goal:**

|    |    |    |
|----|----|----|
| 01 | 02 | 03 |
|    |    |    |