

Getting Shit Done: Step-by-Step.

Huge, wildly improbable goals, can feel unattainable and out-of-reach. But they aren't. You just have to take it step-by-step. First, think of an idea you'd like to accomplish or execute. The more wild, exciting, scary, and improbable, the better. Or if you're more comfortable starting small and more quickly attainable that's cool too.

THE IDEA: _____

STEP 1:

ACTIONS TO TAKE BY DATE _____:

REWARD: _____

STEP 2:

ACTIONS TO TAKE BY DATE _____:

REWARD: _____

STEP 3:

ACTIONS TO TAKE BY DATE _____:

REWARD: _____

STEP 4:

ACTIONS TO TAKE BY DATE _____:

REWARD: _____

STEP 5:

ACTIONS TO TAKE BY DATE _____:

REWARD: _____

THE IDEA: _____

OBSERVATIONS ALONG THE WAY:

How did I feel as I accomplished these steps?
Am I headed the right direction?
What do I need to do or try differently?
What did I learn about myself?
What's holding you back?
Does the journey itself feel good?
Are my actions aligned with my desired feelings?

CORE DESIRED FEELINGS:

Danielle LaPorte does some great work around making goals based on your core desired feelings in her workbook *The Desire Map*. You can learn more by checking out her work but in the meantime list your core desired feelings here:

As you move through your actions (that are taking you towards your end goal) ask yourself if they're making you feel the desired feelings you listed above. If not, what needs to change?

REWARDS:

Rewards are a great way to reinforce positive habits. And they don't have to be expensive or guilt-laden. Try this to brainstorm what your rewards should be:

List 3 smells you love:

- 1.
- 2.
- 3.

List 3 of your favorite sounds:

- 1.
- 2.
- 3.

3 things you love to feel on your skin:

- 1.
- 2.
- 3.

3 things you love to see:

- 1.
- 2.
- 3.