New Year’s Goal: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Why do I want this?
2. What do I gain?
3. What do I lose?
4. What if I did nothing?
5. What if I succeed?
6. If you know you’ll fail, why do it? Not doing it is also failing. How do I fail if I don’t act on this desire?
7. Think of someone else on the planet, who I know could step in today and do this thing quickly. What would they do?
8. What qualities do they have that I need to develop?
9. How do they think differently than me?
10. What do they do that is different than what I do?
11. What type of person do I need to become to accomplish this goal?
12. If I could ask Future Me about these obstacles, how would they say they overcame them?
13. How is the opposite of winning, learning?