

# Make Goals Stick

YEAR

NAME

DATE SETTING  
GOALS

How long do you usually last one you have set a goal?

- a day
- a week
- 2 weeks
- a month
- 3 months
- until it's done!

What usually stops you? What is your favourite excuse?

How do you do the things you dont want to do?

How do I force myself to get uncomfortable?

# Make Goals Stick

How do I do the things I have never done?

Notes