

## Set Smaller Goals

What is your goal?

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What are the five steps needed to achieve it?

- 1.
- 2.
- 3.
- 4.
- 5.

Break step one down into 5 steps.

- 1.
- 2.
- 3.
- 4.
- 5.

Can you 100% accomplish step 1 tomorrow?

If yes:

Do it

If not:

Break it down into 5 more steps