

MAKE A LIST OF EVERYTHING YOU WOULD DO IN THE NEXT 12 MONTHS IF YOU COULD NOT FAIL

(Take 10 minutes to complete)

PAIN

What would I lose if I did not do everything?

If I do not achieve these milestones, how will I feel about myself?

If I tell everyone about everything I want to do and I don't achieve everything, how will I feel?

What will my family lose?

What will I not be able to do for my family or finances?

How would I feel about my debt?

PLEASURE

What will happen when I do achieve everything I want to do?

What will my lifestyle be like?

What will I be able to do?

What will my family think about me when I achieve these milestones?

What will my friends think about me when I achieve these milestones?

What will I think about myself when I achieve these milestones?