

The Lazy Brain Goal-Sheet

My goal is:

Success will feel like (full-sensory description):

Time Frame:

How can I make the time-frame absolutely non-negotiable?

What other options might my brain consider to my goal or time-frame?

For each option, go back and write a plan to eliminate it.

Enlist your brain in the solution: My goal would be easier and more fun if...

You just brainstormed positive solutions. Go back and write a plan to carry-out each of them.