

TRACK & FEELS

How Do I Do This?

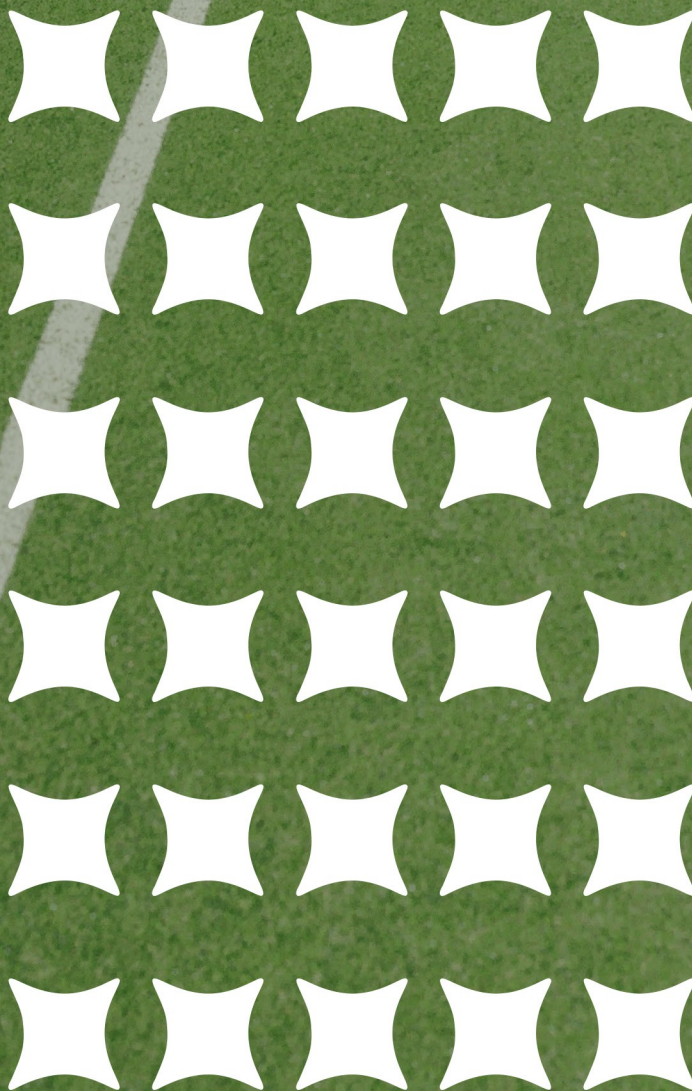
First, decide on a big goal, one that you want to complete by month end. It can be anything from saving money, to becoming fitter, to making new friends or going on a trip.

2. Then, write down one thing you need to consistently do every day to reach your big goal. Say your big goal is to run a marathon, your daily to-do could be shaving a couple of seconds off your run every day.

Schedule rewards for yourself every few days! A little treat like watching a show you've been saving works wonders in keeping you motivated.

4. Work towards your goal by following the plan you've just designed, and cross out one star a day as you fulfil your daily to-do!

DAILY TO-DO



5-day Reward

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10-day Reward

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15-day Reward

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20-day Reward

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25-day Reward

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30-day Reward

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MY BIG GOAL

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