

Incremental Discovery

Workshop 5

Let's return to your main goal. (You can choose several goals, and repeat the process below for each of them).

For each of the following questions, take time to journal your answers.

- What area do you see you want to improve upon or add to?
- What does that success look like or feel like to you? (How will you know you have “made it”? Describe this in detail)
- Is there a timeline? A date you want to have achieved by? Is this a goal to kick or a habit you want to establish?

Break it down.

- What does a successful step forward look like?
- Can you spend 15 minutes a day doing this? 20? How much time will make even the smallest advancement? Is it an hour on your calendar?
- What is the best, feasible, way you will naturally stick to this, absorb it into your day with ease, but enough so that you can make and track your progress?

Be specific. Make it achievable.