

SHOW UP EVERY DAY WORKSHEET

My goal this week is to _____.

goal = artifact, outcome, skill increase

To work toward my goal, I will spend 15 minutes each day _____.

an activity that will move you toward your goal

I'll keep myself accountable to this goal by telling _____.

somebody / a group of people

If I find myself _____ during that time, then I know I'm procrastinating.

common time-wasting distraction

When I find myself procrastinating, I will stop immediately and return to _____.

*aforementioned activity
that moves me toward my goal*

I will share my daily progress via _____.

social network, mailing list, text message, etc.