

LITTLE WINS/OPPOSITES WORKSHEET

What goal are you prioritizing this month?

Goal _____

List up to 5 routine actions you make everyday that prevent you from accomplishing this goal.

For example, if your goal is to save money, you might list: Buying a morning latte, paying for Uber or a cab instead of taking the metro, eating lunch out with co-workers, grocery shopping without a list or ignoring the list...and so on and so forth.

Now, list your routine actions that prevent you from accomplishing this goal:

1. _____
2. _____
3. _____
4. _____
5. _____

List an opposite action you could take to turn your routine decisions into little wins.

Following the above example of saving money, you might choose instead: Brew coffee at home or brew iced coffee at night to last all week so you can grab and go, take the metro, pack lunch, make a list or resist the impulse buy.

Now, list a couple of opposite actions you can take for each of the actions you listed previously. These will be your little wins.

1. _____
2. _____
3. _____
4. _____
5. _____