

HABIT-LIST

..... 201...

"VISION WITHOUT ACTION IS A DAYDREAM,
ACTION WITHOUT VISION IS A NIGHTMARE."


-- JAPANESE PROVERB

HABIT:	HABIT LIST							DAILY POTENTIAL
MIN.:	TODAY							1..10
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THE END OF PROCRASTINATION NATION

PROCRASTINATION =
PUTTING THINGS OFF
INTENTIONALLY OR
HABITUALLY

HABIT-LIST INSTRUCTIONS:

- 1) PRINT IT OUT A MONTH BEFOREHAND (OR EVEN TWO)
- 2) DEFINE YOUR HABITS AND SET MINIMUM TARGETS
- 3) BE CAREFUL OF OVERESTIMATING YOURSELF. MIND YOUR 
- 4) FILL IN ONE ROW EVERY DAY
- 5) IF YOU MEET YOUR TARGET, DRAW A GREEN ●
- 6) IF YOU DON'T, DRAW A RED ●
- 7) RATE HOW WELL YOU LIVED UP TO YOUR POTENTIAL THAT DAY ON A SCALE OF 1 TO 10
- 8) HOW MANY GREEN DOTS YOU HAVE IS NOT THE MOST IMPORTANT THING, ACTUALLY FILLING IT IN IS
- 9) FROM TIME TO TIME, READ YOUR VISION SO YOU KNOW WHY ARE DOING THESE THINGS
- 10) DON'T PROCRASTINATE FILLING IT IN!!!

SOME ADDITIONAL TIPS:

- +) IF YOU CAN'T KEEP A HABIT FOR REASONS BEYOND YOUR CONTROL, DRAW A BLUE ●
- +) IF A PARTICULAR HABIT IS NOT A DAILY TASK, CROSS OUT THE EXTRA CELLS WITH AN X
- +) PICK ONE HABIT TO FOCUS ON DOING 100% EACH MONTH
- +) IF YOU FIND YOU HAVE FORGOTTEN ABOUT YOUR HABIT-LIST, RESTART