

30 days to SUCCESS !

<http://www.strategievincenti.net>

Rules:

1) Define your **goal**.

Focus on the **action** not on the result, as long as the purpose of the trial is to establish a habit. Your goal must be **specific** and **measurable**: Either you reached it each day or not. There is no "may be" or "partially".

2) Don't cheat !

Follow your purpose each day during the 30 days trial. At the end, if you've decided that it's worth to keep the habit, you can choose to continue only on some days (for example only on weekdays), but during this trial you've no choice, because you have to create the habit.

3) Expect to succeed.

Intend and expect that you'll make it through the whole 30 days.

4) Share your goal.

Share your intention with a friend/parent or post it on your blog. In this way you'll be more motivated to reach your goal.

5) Keep a **journal**.

30 days is a long time, it may happen that you forget some details of your experience. In order to decide at the end of the 30 days if it's worth to keep or not the habit, it would be better to take note of your experiences. If you want to do it on paper you can print several times the next page.

My goal is: _____

FIRST DAY							LAST DAY	
Week # 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week # 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week # 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Week # 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Final rush	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					

You may edit and print this worksheet for non-commercial personal use.

Based on the idea of Steve Pavlina ▪ <http://www.stevepavlina.com/blog/2005/04/30-days-to-success/>

Template inspired by the style of David Seah ▪ <http://www.davidseah.com>

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30-days-to-success.pdf

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Keep a journal of your experience

DATE	NOTE