

~~START~~ *Doing* TODAY:

1. CONSISTENT DAY AND TIME
2. KEEP IT REALISTIC
3. ANCHOR IT TO A DAILY ACTIVITY
4. WRITE YOUR SCHEDULE ON YOUR CALENDAR
5. PROTECT TIME SET ASIDE
6. DON'T GET DISCOURAGED OVER ONE MISS
7. ALIGN YOUR ENVIRONMENT FOR SUCCESS
8. TELL SOMEONE WITH A POSITIVE INFLUENCE
9. KEEP AN ACCOUNTABILITY JOURNAL
10. FIND YOUR DETERMINATION
11. CREATE AN END GOAL
12. AND BITE-SIZED GOALS
13. DEVELOP INCENTIVES TO CELEBRATE
14. STOP BEING INTIMIDATED

You got this