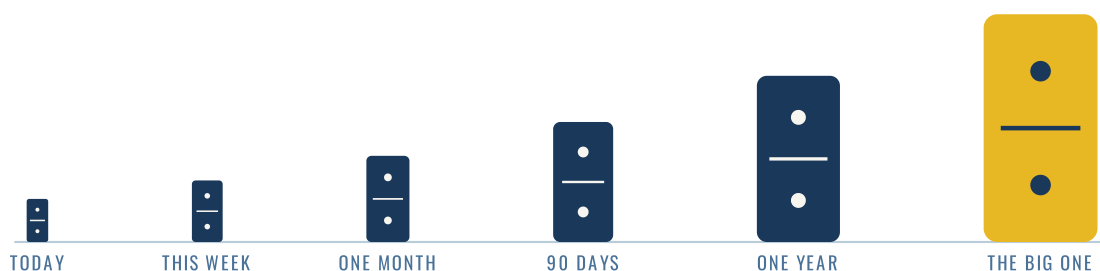


LINE UP YOUR DOMINOES

A domino can knock over another one about one and a half times its own size. A geophysicist called Stephen Morris lined up 13 of them. The first was 5 millimetres tall. The last was over a metre and he had to use his whole body to lift it. He tapped the tiny one with a pen and all 13 went down in seconds.

Your big goal works the same way. Even if you don't know your big domino yet, you can start lining up the small ones. Work down from the top and finish with something you can do today.



DOMINO	WHAT IT IS	IN MY DIARY FOR
THE BIG ONE The one thing that changes everything. Don't worry if you don't know it yet.		
ONE YEAR What would make me feel I've gained real momentum?		
90 DAYS What moves me closer to the one-year outcome?		
ONE MONTH What lines me up to smash the 90-day outcome?		
THIS WEEK What gives me the energy for this month's outcome?		
TODAY The small domino I'll knock over today.		

MAKE IT STICK

Put every domino in your diary and make it specific. "Me time" won't happen. "5 mile trail run, Tuesday 7am" probably will. Set a reminder like you would for any other important appointment. In my experience, most things I schedule get done.

This comes from chapter 19 of my book, Done Beats Perfect. More at neilmartin.me/done-beats-perfect-book