

Goal: Do 3 outreaches in 1 hour

If I...

- Set a start and end time
- Remove all nearby distractions
- Stop thinking about doing it and do it
- Don't stop until it's done
- Don't try to get it right the first time
- Think only about outreach and nothing else
- Keep a mental movie of my future successful self going on in my mind
- Set a tiny, healthy reward for myself at the end of it

Then I'll...

- Achieve a steady flow of thought and productivity
- Build momentum that will increase the speed at which I finish the task
- Find that it's easier than I thought
- Produce a better quality of outreach each time I do it

Plan of Action

- Put phone far away
- Close unnecessary tabs on computer
- Repeat my power phrases to keep power levels up

Evaluation

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Adjustments

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Unknowns and Assumptions

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