



HEADSTRAIGHT – SEASON 2, EPISODE 1

Title: Why You Can't Stick to Your Goals—and How to Fix It

Quick Reference Cheat Sheet

MAIN POINTS

- **Motivation isn't the problem.** Your brain resists change because it prioritises safety and routine.
 - **Big changes break down.** Grand plans fail without flexibility—especially when life gets hard.
 - **Start smaller than small.** Tiny consistent actions bypass resistance and build trust.
 - **Know your why.** Goals driven by pressure or expectation won't stick—meaning creates momentum.
 - **Wobbles are normal.** Progress means planning for slip-ups, not avoiding them.
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TOOLS & STRATEGIES

- **Shrink it down:** Make the goal so easy it's almost too small to fail.
 - **Anchor your purpose:** Write your 'why' and keep it visible—mirror, phone, notebook.
 - **Set your bounce-back rule:**
 - “I don't skip twice.”
 - “Cut it in half tomorrow.”
 - “Text a mate and reset.”
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REFLECTION QUESTIONS

- What's one goal you've set in the past month?
 - Can you shrink it until it feels doable every day?
 - What's your real reason for wanting it—your 'why'?
 - How does that smaller version feel in your body?
 - What will your reset plan be when life wobbles?
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LIGHTBULB MOMENTS

- *"You don't have a motivation problem. You have a survival-wired brain."*
- *"You build confidence by keeping promises to yourself—even tiny ones."*
- *"Missing a day isn't failure. Staying gone is."*