

Date: _____

Write down the action you are going to take on the following line:

I will _____

every day until I achieve: _____

Example: "I will practice playing the guitar for 15 minutes every day until I achieve the ability to play my two favorite songs, "Hotel California", and "Stairway to Heaven."

On the following lines account daily for the action you took NO MATTER HOW SMALL.

Example: Day 1: "I found my guitar, dusted off the case, tuned it and practiced the "D" chord for 15 minutes."

Day 1 _____

Day 2 _____

Day 3 _____

Day 4 _____

Day 5 _____

Day 6 _____

Day 7 _____

Day 8 _____

Day 9 _____

Day 10 _____

Day 11 _____

Day 12 _____

Day 13 _____

Day 14 _____

Day 15 _____

Day 16 _____

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- Day 39 _____
- Day 40 _____