

# GROUP STARTER KIT



Tools, Tips, & a Script for  
Living Room Leaders

[www.30daydoit.com](http://www.30daydoit.com)

## THANK YOU FOR HOSTING A 30 DAY DO IT

Thank you for taking a stand for yourself and your friends by hosting a 30 Day Do It Group. As a living room leader, you are a pioneer in the world's largest goal setting movement ever.

I hope that you experience each other in a brand new way by engaging in this monthly process together. This is a simple system designed to help you motivate the group and hold each other accountable to their highest selves.

Let's do it,

*Jullien Gordon*

# HOST'S | CHOOSE-LIST

My 30 Day It is on: \_\_\_\_\_ @ \_\_\_\_\_  
Day Month Date Time

## Before the Group

	<b>Invitations</b>
	Send out the invitation email at least two weeks in advance. You can also use Evite.com.
	Invite someone to co-host the 30 Day Do It Group with you to maximize attendance.
	<b>Preparation</b>
	Clean your home and organize seating in a circular arrangement or find a cafe/restaurant.
	Buy up to \$10 of snacks and drinks (especially one bottle of sparkling apple cider to celebrate).
	Complete your 30 Day Do It Eval Sheet from last month & your Planning Sheet for this month

## Things To Get



Sparkling Apple Cider



Wine Glasses



Snacks (Fruits & Vegetables)

## During the Group

	Have everyone sign the Monthly Sign-In Sheet and update the status of their goals.
	Have everyone enter their new GXG into the Sign-In Sheet.
	Update the Group Dashboard.

## After the Group

	Send a recap email with everyone's goals within 24 hours of the meeting
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# 1. CHOOSE A GOAL & PURPOSEFUL ACTION

My Good Excuse Goal is to: \_\_\_\_\_

My 30 Day Do It is to: \_\_\_\_\_

In the next 30 days, I need to invest \_\_\_\_\_ hours and \$\_\_\_\_\_ into the completion of my 30 Day Do It.



# 2. BENEFITS OF DOING IT

## CLARIFY YOUR WHY

1. This goal aligns with my **principles** and belief that:

\_\_\_\_\_

\_\_\_\_\_

2. This goal will allow me to exercise my **passions** for:

\_\_\_\_\_

\_\_\_\_\_

3. This goal addresses my (or the) **problem** with (of):

\_\_\_\_\_

\_\_\_\_\_

4. My success positively affects the following **people**:

\_\_\_\_\_

\_\_\_\_\_

5. This goal **positions** me to be a much better:

\_\_\_\_\_

\_\_\_\_\_

6. **Pioneers** who have inspired me to do this goal include:

\_\_\_\_\_

\_\_\_\_\_

7. In pursuit of this goal and upon completion, I **picture** myself:

\_\_\_\_\_

\_\_\_\_\_

8. My success will increase the **possibility** of:

\_\_\_\_\_

\_\_\_\_\_

# 3. COSTS OF NOT DOING IT

## TIP THE BALANCE

If I don't complete my 30 Day Do It, I commit to:

\_\_\_\_\_

\_\_\_\_\_

as a form of payment to my 30 Day Do It group.

\_\_\_\_\_

\_\_\_\_\_

# 4. SET IT IN MOTION

## PLAN TO CELEBRATE

My celebration and next meeting is on: \_\_\_\_/\_\_\_\_/\_\_\_\_ at \_\_\_\_am/pm

Location: \_\_\_\_\_

## PLAN TO DEMONSTRATE

I will show proof of my success to the group by: \_\_\_\_\_

\_\_\_\_\_

## GIVE YOUR WORD

I will do whatever it takes to uphold my word.

My signature: \_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## 5. DID I SUCCEED?

YES  NO  SORT OF—IN UNEXPECTED WAYS

## 6. SUCCESSFUL & UNSUCCESSFUL PATTERNS

In achieving my 30 Day Do It, I learned that I: \_\_\_\_\_

One thing I would do differently next time is: \_\_\_\_\_

I was motivated most by: \_\_\_\_\_

Supportive people included: \_\_\_\_\_

What worked for me: \_\_\_\_\_

Unexpected outcomes included: \_\_\_\_\_

## 7. CELEBRATION OR PAYMENT

### PROOF OF CELEBRATION

Signature of a group member: \_\_\_\_\_

My Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### PROOF OF PAYMENT

Signature of a group member: \_\_\_\_\_

My Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

My bad excuses included: \_\_\_\_\_

Next time, I can prevent these excuse by: \_\_\_\_\_

I was demotivated most by: \_\_\_\_\_

Unsupportive people included: \_\_\_\_\_

What didn't work for me: \_\_\_\_\_

Unexpected obstacles included: \_\_\_\_\_



# 1. CHOOSE A GOAL & PURPOSEFUL ACTION

My Good Excuse Goal is to: Make it easier for 30 Day Do It Groups to self-organize

My 30 Day Do It is to: Create an online system that allows people organize easily

In the next 30 days, I need to invest 20 hours and \$ 20 into the completion of my 30 Day Do It.



## 2. BENEFITS OF DOING IT

### CLARIFY YOUR WHY

1. This goal aligns with my **principles** and belief that:

What gets measured is what gets done

2. This goal will allow me to exercise my **passions** for:

Motivating people & Building community

3. This goal addresses my (or the) **problem** with (of):

Procrastination, Perfectionism, Wasted Potential

4. My success positively affects the following **people**:

Current and Prospective 30 Day Do It members

5. This goal **positions** me to be a much better:

Purposefinder & Motivation teacher

6. **Pioneers** who have inspired me to do this goal include:

My mom, Alcoholics Anonymous, & Mary Kay

7. In pursuit of this goal and upon completion, I **picture** myself:

Sending less emails, Talking to group members, and

Groups forming and growing organically

8. My success will increase the **possibility** of:

The 30 Day Do It MWT growing internationally

## 3. COSTS OF NOT DOING IT

### TIP THE BALANCE

If I don't complete my 30 Day Do It, I commit to:

Giving each of my group members \$50

as a form of payment to my 30 Day Do It group.

## 4. SET IT IN MOTION

### PLAN TO CELEBRATE

My celebration and next meeting is on: 2/28 at 6 am/pm

Location: Jennifer's at 1000 Successful Way

### PLAN TO DEMONSTRATE

I will show proof of my success to the group by: \_\_\_\_\_

Showing my group the technology at the meeting

### GIVE YOUR WORD

I will do whatever it takes to uphold my word.

My signature:

Julien Gordon

Date: 2/1

## 5. DID I SUCCEED?

YES  NO

SORT OF—IN UNEXPECTED WAYS

## 6. SUCCESSFUL & UNSUCCESSFUL PATTERNS

In achieving my 30 Day Do It, I learned that I: Need to start right away to build momentum

One thing I would do differently next time is: Call people I need to help in the first 3 days

I was motivated most by: The vision of an international movement and the \$500 I would have to pay

Supportive people included: Rolando Brown, Pam Jackson & Jean Carlos

What worked for me: Creating a long to do list & setting aside 2 hours every day to execute

Unexpected outcomes included: People started using the database and found it extremely useful

## 7. CELEBRATION OR PAYMENT

### PROOF OF CELEBRATION

Signature of a group member:

Toni Daniles

My Signature:

Jullien Gordon

Date: 2 / 28

### PROOF OF PAYMENT

Signature of a group member:

My Signature:

Date:  / /

My bad excuses included: Not knowing if this was the the most valuable way to be spending my time

Next time, I can prevent these excuse by: Survey 30 Day It Goal Achievers first to see what they really want

I was demotivated most by: Other personal issues that came up during the month

Unsupportive people included: None

What didn't work for me: Having to rely on other people who I know are extremely busy already

Unexpected obstacles included: Having to learn a new technology in only a few weeks



DAY DO IT  
MOVEMENT

# INVITATION EMAIL

**SUBJECT:** Goal Setting Party At My House, Wed. 7-8:30pm

**BODY:** Hello Friends,

It doesn't have to be New Year's Eve to think about your goals—they should be on our mind all of the time. If you've been procrastinating but have some personal or professional goals that you want to get done, then join us at my house on Wednesday night from 7-8:30pm.

We're going to start at 7pm sharp. Bring your New Year's resolutions or any other goal written down. I will provide the goal setting materials and some food, but feel free to bring something if you would like.

Please RSVP so that I can get a head count.

Cheers!

Your Name

Your Address

Your Phone Number

Email templates can be found online. Eventbrite.com or Evite.com are also great ways to send and track invitations. We do not recommend that you use Facebook.com because of noise.

# RECAP EMAIL

**SUBJECT:** Goal Setters 30 Day Do It Recap

**BODY:** Hello Goal Setters,

Hey everyone,

Sunday was amazing! Thank you for blessing my home.

Mark your calendars. The next 30 Day Do It will be at Erica's house on Sunday, December 13th at 7pm.

The address is 1000 Goal Setting Way, New York, NY.

Bring your proof or payment, a new goal achiever, and a snack if you can.

## **This Month's Goals**

Erica: Clear her clutter by taking before and after pictures of her home

Mike: Run 3 miles 15 days this month

Julie: Launch her website for her business

Ben: Raise \$1,000 from family & friends for a charter school he advises

Ashley: Land three interviews by the end of the month

Joseph: Finish personal statement for graduate school

Lets do it,

Email templates can be found online.

# MEETING SCRIPT

*Below is a script for the monthly 30 Day Do It group meeting. You can deviate from the script, as long as you DO NOT SKIP STEPS. Make sure that all worksheets are completed in their entirety. Be yourself and add your personality to the group.*

## 1st 30 Minutes: Welcome & Evaluation

### **WELCOME (2 minutes)**

- Introduce yourself and the co-host

### **NEW GUESTS (5 minutes)**

- Have the goal achiever who invited them introduce the guest
- Then ask "Who are you and why did you choose to come?"

DISTRIBUTE THE SIGN-IN SHEET

### **30 DAY DO IT PURPOSE STATEMENT (3 minutes)**

- Read the 30 Day Do It Purpose Statement below:

The 30 Day Do It movement committed and group-based goal system with the goal of the 30 Day Do It is to end the concept of New Year's Resolutions and introduce the idea of New Month Resolutions to the world. Most people have structure in every part of their life except their personal goals and the 30 Day Do It offers us a structure for our own success personally, professionally, mentally, physically, socially, and spiritually.

We are not goal setters; we are goal achievers. When we set a goal we whole-heartedly believe in, we demonstrate our belief in ourselves by also creating a cost for not achieving our goal. We also believe in celebrating each other when someone stays true to their word and accomplishes their goal.

This is a monthly commitment. Over the course of a year, our group will only meet for 18 hours, which is less than a day. Failure is okay here. The most important thing is that learn your success and unsuccess patterns, so even if you don't achieve your goal one month, we still want you here so that we can learn from you.

Through commitment to this simple process, we can all make our highest contribution together.

### **30 DAY DO IT EVALUATION WORKSHEET (20 minutes)**

*NOTE: Complete your evaluation worksheet before the meeting so that you can use yourself as an example as you guide everyone else through it.*

*New guests should partner with the person who brought them or complete the 30 Day Do It Group application.*

DISTRIBUTE WORKSHEETS TO THOSE WHO FOROT THEIRS

The purpose of THE GOOD EXCUSE GOAL EVALUATION WORKSHEET is to evaluate your successful and unsuccessful patterns so that you can get a better understanding of what needs to be in place for you to increase your likelihood of success with any goal you set in the future.

# MEETING SCRIPT

## **5. DID YOU SUCCEED?**

A. Simply mark yes, no, or sort of—in unexpected ways based on this month's results.

B. Sort of does not mean I ALMOST GOT THERE (i.e. I exercised 14 out of 15 days this month or my website will be up tomorrow). Sort of is there because I realized that when we set a strong goal/intention and wholeheartedly go after it, sometimes we get a great outcome that we didn't expect that is EQUAL or BETTER than what we expected. Here

## **6. SUCCESSFUL & UNSUCCESSFUL PATTERNS**

Now let's move on to complete the successful & unsuccessful patterns section as thoroughly as possible. The purpose of this section is to document your patterns so that you can see what helps you and what hurts you in achieving your goals over time. Eventually you will know what you need to succeed and can apply your formula to any goal you have.

I've already completed mine ahead of time and I will use myself as an example as I guide you through the twelve prompts.

## **CONVERSATION QUESTION**

Did anyone have any insights about themselves this month that they would like to share with the group?

# MEETING SCRIPT

## 2nd 30 Minutes: Proof or Payments & Celebration

Now each person is going to get 3 minutes to show proof that they achieved their 30 Day Do It or make their payment. Feel free to also share one or two things that you learned about yourself in the pursuit of this month's goal. As the host, I will go first and then we'll just go clockwise.

### PRESENTATIONS (up to 24 minutes)

[YOU PRESENT]

[PERSON #2 PRESENTS]

[PERSON #3 PRESENTS]

[PERSON #4 PRESENTS]

[PERSON #5 PRESENTS]

[PERSON #6 PRESENTS]

[PERSON #7 PRESENTS]

Finally, put today's date and your signature at the bottom of your EVALUATION WORKSHEET and get the person next to you to sign off on your proof or payment.

### SCORING (3 minutes)

CO-HOST'S NAME is passing around THE GROUP DASHBOARD. Add your name if it's not there and mark your result for this month. We get 1 point for successful 30 Day Do Its, half-a-point for "sort ofs" and new goal setters, 0 points for unsuccessful 30 Day Do Its, and -1 point for anyone that was here last month, but is absent today.

This is like fantasy football. Except with fantasy football, your score is based on other people's performance. With 30 Day Do Its, your score is based on you and your performance. You have your own individual score and we have a monthly group score. We will keep score over the course of the year and try to improve our group score every month.

CO-HOST'S NAME will add up this month's score and report back to the group. At this time, you should also update your wallet-size personal dashboard that came with your Good Excuse Goals book.

### [CO-HOSTS TALLIES UP POINTS ON DASHBOARD & PRESENTS BACK TO THE GROUP]

Last month we scored \_\_\_\_ and this month we scored \_\_\_\_\_. That's a \_\_\_\_ increase/decrease.

### CELEBRATION TOAST (3 minutes)

30 Day Do Its are all about celebration. It's important to periodically stop and acknowledge where you were and where you are now.

Will all those who achieved their goal this month please stand so that we can celebrate you!

### [YOU OR CO-HOST POUR A TOAST TO SUCCESS]

# MEETING SCRIPT

## 3rd 30 Minutes: Setting a New Goal

Now on to setting a new goal for the upcoming month. Simply flip the EVALUATION SHEET over and you will find THE GOOD EXCUSE GOAL PLANNING SHEET. 30 Day Do Its focus on one goal per month so that you can fully immerse yourself into without getting distracted by too many other things. Again, I'm going to walk through it step by step and it is important not to skip steps because every part of the process has a purpose.

### 1. CHOOSE A GOAL & PURPOSEFUL ACTION

A. Declare your Good Excuse Goal and 30 Day Do It. Keep in mind the distinction between your Good Excuse Goal and your 30 Day Do It. **Your Good Excuse Goal is the desired end result or outcome the 30 Day Do It is the action you commit to taking to achieve or move toward that end result.** For example, your Good Excuse Goal may be to get a new job and one of the many career-related 30 Day Do Its you could do is take 5 people you know in the industry to lunch.

You can also take a big goal like lose 60 pounds this year and break it into twelve 5 pound monthly goals.

Your goal should not be something that is going to naturally happen regardless of your 30 Day Do It like "My goal is to turn 28 this month." It should be something that challenges you and makes you a little uncomfortable. If it's not a challenge, you are only cheating yourself and the group will push you if we believe that you can achieve more.

So lets take 3-5 minutes to write down our goal for this month. Does anyone need help thinking through a personally challenging goal for the month? The group is here to help and here is a list of THE TOP 30 DAY DO ITS you can look at for ideas.

**[GIVE PEOPLE TIME TO THINK OF THEIR GOALS. LOOK FOR PEOPLE WHO MAY NEED HELP AND OFFER SUPPORT.]**

**[OPEN UP THE FLOOR FOR EVERYONE TO SHARE THEY GOOD EXCUSE GOAL AND 30 DAY DO IT.]**

**[YOU PRESENT]**

**[PERSON #2 PRESENTS]**

**[PERSON #3 PRESENTS]**

**[PERSON #4 PRESENTS]**

**[PERSON #5 PRESENTS]**

**[PERSON #6 PRESENTS]**

**[PERSON #7 PRESENTS]**

B. Once you have declared your Good Excuse Goal and 30 Day Do It, estimate the amount of time and money you need to create in your life to accomplish it.

### 2. BENEFITS OF DOING IT (Clarify your WHY)

Complete the 8 Cylinders of Successful Goal Setting as thoroughly as possible. The more innovative you get about how the goal ties into your purpose and passions, the stronger your commitment will be and greater the likelihood of you completing the goal. I'm going to walk through each of the 8 Cylinders of Successful Goal

# MEETING SCRIPT

Setting one-by-one to give you examples. Most people skip this step and wonder why they are unfulfilled after they achieve their goals.

## 1. This goal aligns with my **principles** and belief that:

Good answers explain how this goal will help you achieve more happiness, success, or alignment with your purpose. Good examples include:

- Health is wealth or
- Personal development leads to professional development
- No pain no gain

**[GIVE PEOPLE 1 MINUTE TO WRITE]**

## 2. This goal will allow me to exercise my **passions** for:

Good answers explain how you weave your passion into the pursuit of the goal or the incentive you give yourself. For example:

- I will be using my passion for cooking or
- If I achieve the goal, I will reward myself with a \$100 shopping spree for art supplies.

**[GIVE PEOPLE 1 MINUTE TO WRITE]**

## 3. This goal addresses my (or the) **problem** with (of):

Good answers explain the personal problem this goal addresses for you or the larger problem it will address at work or in your community. Good examples include:

- unhealthy eating habits
- stagnation at work
- procrastination
- writer's block
- lack of motivation

**[GIVE PEOPLE 1 MINUTE TO WRITE]**

## 4. My success positively affects the following **people**:

Good answers explain who will be impacted by your success for example:

- your partner
- your colleagues
- your mentee
- only you

**[GIVE PEOPLE 1 MINUTE TO WRITE]**

## 5. This goal **positions** me to be a much better:

Good answers explain what role, skill, or subject achieving this goal helps you get better at. For example, your answer could be:

- The best parent you can be

# MEETING SCRIPT

- The best human being you can be
- The best account manager at work you can be

[GIVE PEOPLE 1 MINUTE TO WRITE]

## 6. **Pioneers** who have inspired me to do this goal include:

Good answers remind you of courageous people who have done the goal before you or just made a similar courageous step on their path. Examples include:

- Carol, the CEO of my company
- Gandhi
- My mom

[GIVE PEOPLE 1 MINUTE TO WRITE]

## 7. In pursuit of this goal and upon completion, I **picture** myself:

Good answers explain what will have to change in your life in pursuit of this goal and achieving it. For example:

- you may have to wake up an hour earlier
- you may picture yourself having more energy
- you may see yourself meeting new people because of your goal
- you may see yourself having more income

[GIVE PEOPLE 1 MINUTE TO WRITE]

## 8. My success will increase the **possibility** of:

Good answers distinguish what new doors may be open to you as a result of achieving this goal that aren't open to you right now. Our goals should open up new possibilities for us in some way. For example:

- get a promotion at work
- run a marathon now

## 3. **COSTS OF NOT DOING IT** (Tip the Balance)

Now it's time to tip the balance. The purpose of tipping the balance is to avoid inaction and ending up right back where you are today. Write down something you commit to doing if you don't achieve your goal. It should be a little embarrassing but bearable that will improve another area of your life or it should be something that you do for the group here. Good commitments include doing something for the group like bringing food to the next group, giving everyone \$10 or a gift card somewhere. Again, be creative. It's really a bet on yourself. If you're certain you're going to achieve your goal, you could bet a \$1,000,000. The more you tip the balance, the greater your commitment to your success.

The group is here to help. We are never short of things you can do for us :) In the past, people have vowed to cut their hair, give everyone \$20, and cook for the group.

## 4. **SET IT IN MOTION** (Plan to CELEBRATE)

# MEETING SCRIPT

One of the key principles of the 30 Day Do It is setting your goal in motion immediately after you set it. Most people only plan to celebrate IF they achieve their goal. The way the 30 Day Do It works is that you plan your celebration up front when you set the goal. At our next meeting we will take time to celebrate the previous month's goal achievers.

## **SCHEDULE NEXT MEETING**

Rather than trying to schedule a meeting time every month, we should settle on a reoccurring day and time like every second Thursday of next month at 7pm. Does this time work for everyone?

Who wants to host? What's your address? Everyone should write this down. CO-HOST'S NAME is also sending out a save a date email or text to everyone right now.

## **PLAN TO DEMONSTRATE**

Everyone should write down how you will demonstrate success to the group. You can show documentation (i.e. pictures or receipts) or do a short presentation among other things. Be as creative as you would like.

## **SHARE 30 DAY DO IT & COSTS**

At this time, we're each going to share our goal for next month and then we're going to help each other tip the balance. If the group thinks your goal is too easy or your cost is too low, we're going to push you...out of love.

Finally, sign your name in the bottom right as a form of commitment to your goal and proof or payment.

I'm going to pass the sign in sheet back around. In 2-4 words put your goal and the cost of not achieving it. While that's happening, everyone will share their goal, their 30 Day Do It, how they set it in motion, and their way of tipping the balance.

So, if everyone achieves their goal this month, we will beat our score of 6 points from this month.

Does anyone need additional support or accountability throughout the month? Someone will set a reminder, alarm, or calendar in their phone to call you.

Does anyone have any new members in mind? What are their names and why them?

Okay, so our goal for this month is 9 points. That's 7 successful 30 Day Do Its and 2 new members.

## **CONCLUSION**

We're almost done. This is a space for any special announcement, networking, and partnering on similar goals. Does anyone have anything to say or share?

Great! So we will meet at John's House at 1000 Blue Mountain Road, New York, NY at 7pm on Thursday, February 12th. Feel free to bring a new member if you would like and a snack or drink if you can.

CO-HOST'S NAME already sent out an email with the date, location, and time of the next group. Thank you!

# IS IT TIME TO **PRINT** MORE SHEETS?

**HAVE SOMEONE  
FROM THE GROUP  
MAKE COPIES OF**

- THE PLANNING SHEETS**
- EVALUATION SHEETS &**
- SIGN-IN SHEETS**

# GROUP DASHBOARD

GROUP NAME: \_\_\_\_\_

**LEGEND:**  
**SUCCESSFUL** = 1 point  
**NEW GOAL SETTER** = 0.5 points  
**UNSUCCESSFUL** = 0 points  
**ABSENT** = -1 points

NAME	BEG	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	TOT
<i>Goal Setter</i>		1	1	0.5	-1	0	1							
1														
2														
3														
4														
5														
6														
7														
8														
9														
10														
<b>Group Score</b>														
+Increase or - Decrease		+												

# PERSONAL DASHBOARD

GOAL ACHIEVER NAME: \_\_\_\_\_

PROJECT/CREATION NAME: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

WHO INVITED YOU: \_\_\_\_\_

MY PASSIONS: \_\_\_\_\_

MY SKILLS: \_\_\_\_\_

MY WEBSITE: \_\_\_\_\_

## MY SCOREBOARD

BEG	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	TOT
I													
\$10													

LEGEND: **SUCCESSFUL** = 1 point **UNSUCCESSFUL** = 0 points **ABSENT** = -1 points

## MY ROLES

THE COLLECTOR

THE GOAL KEEPER

THE GREETER

THE GUIDE

THE PUSHER

THE TIME MANAGER

THE DEMONSTRATOR - SUCCESS

THE DEMONSTRATOR - UNSUCCESS

# Top 30 Day Do It Programs

GOOD EXCUSE GOAL	30 DAY DO IT PROGRAM NAME	CREATED BY
To start a business	Write a business plan, or make a PPT, & present to the group	The DMV
To start a business	Do market research & created a product prototype	The DMV
To write a book	Submit the first draft to the group and line up an editor	The DMV
To lose weight	Run 3 miles 3 days a week and show your time improvement	The DMV
To love myself	Choose 1 thing a week you love to do and do it	The DMV
To be financially free	Try to earn \$10 every day for 30 days & share the results	The DMV
To transition career	Create a portfolio of all of your work & meet with 5 mentors	The DMV
To find a partner	Go to 3 social events a week for the next 4 weeks	The DMV
To develop spiritually	Read a spiritual text for 1 hour a day & share results	The DMV
To go to grad school	Identify 5 programs that align with you & report to the group	The DMV
To get promoted	See how many people you can make say "wow" at work	The DMV
To make new friends	Host a potluck dinner	The DMV
To find a mentor	Schedule 5 lunches/coffees with people you respect	The DMV
To be more grateful	Send out 30 thank you cards over the course of the month	Ashley
To get organized	Create an organization system & explain using pictures	Alaia
To get technorganized	Visit <a href="http://www.grow.mvmt.com">www.grow.mvmt.com</a> for the steps	Rolando
To discover my passion	Watch one video on TED.com a day, then create your own	The DMV
To learn to cook	Cook a new dish a week & share your friend's feedback	The DMV
To learn a language	Study however you choose & teach the group the basics	The DMV
To clear the clutter	Have a garage sell or post 10 things on Craigslist	The DMV
To love my parents	Call your parent/s 10 times this month & send them a gift	The DMV
To master something	Choose a subject of interest, study it daily, and present	The DMV
To find what's next	Create a 18" x 24" vision board and write a eulogy	The DMV
To be more social	Order business cards at Vistaprint.com & give 100 away	The DMV
To eat healthier	Track what you eat in a journal & share with the group	The DMV

**Create your own program and share!** Just email your goal, 30 day do it and i-choose list to [jullien@motivatedvehicles.com](mailto:jullien@motivatedvehicles.com) and we'll upload it to the site.









# 1. CHOOSE A GOAL & PURPOSEFUL ACTION

My Good Excuse Goal is to: \_\_\_\_\_

My 30 Day Do It is to: \_\_\_\_\_

In the next 30 days, I need to invest \_\_\_\_\_ hours and \$\_\_\_\_\_ into the completion of my 30 Day Do It.



# 2. BENEFITS OF DOING IT

## CLARIFY YOUR WHY

1. This goal aligns with my **principles** and belief that:

\_\_\_\_\_

\_\_\_\_\_

2. This goal will allow me to exercise my **passions** for:

\_\_\_\_\_

\_\_\_\_\_

3. This goal addresses my (or the) **problem** with (of):

\_\_\_\_\_

\_\_\_\_\_

4. My success positively affects the following **people**:

\_\_\_\_\_

\_\_\_\_\_

5. This goal **positions** me to be a much better:

\_\_\_\_\_

\_\_\_\_\_

6. **Pioneers** who have inspired me to do this goal include:

\_\_\_\_\_

\_\_\_\_\_

7. In pursuit of this goal and upon completion, I **picture** myself:

\_\_\_\_\_

\_\_\_\_\_

8. My success will increase the **possibility** of:

\_\_\_\_\_

\_\_\_\_\_

# 3. COSTS OF NOT DOING IT

## TIP THE BALANCE

If I don't complete my 30 Day Do It, I commit to:

\_\_\_\_\_

\_\_\_\_\_

as a form of payment to my 30 Day Do It group.

\_\_\_\_\_

\_\_\_\_\_

# 4. SET IT IN MOTION

## PLAN TO CELEBRATE

My celebration and next meeting is on: \_\_\_\_/\_\_\_\_/\_\_\_\_ at \_\_\_\_am/pm

Location: \_\_\_\_\_

## PLAN TO DEMONSTRATE

I will show proof of my success to the group by: \_\_\_\_\_

\_\_\_\_\_

## GIVE YOUR WORD

I will do whatever it takes to uphold my word.

My signature: \_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

## 5. DID I SUCCEED?

YES  NO  SORT OF—IN UNEXPECTED WAYS

## 6. SUCCESSFUL & UNSUCCESSFUL PATTERNS

In achieving my 30 Day Do It, I learned that I: \_\_\_\_\_

One thing I would do differently next time is: \_\_\_\_\_

I was motivated most by: \_\_\_\_\_

Supportive people included: \_\_\_\_\_

What worked for me: \_\_\_\_\_

Unexpected outcomes included: \_\_\_\_\_

## 7. CELEBRATION OR PAYMENT

### PROOF OF CELEBRATION

Signature of a group member: \_\_\_\_\_

My Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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Signature of a group member: \_\_\_\_\_

My Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

My bad excuses included: \_\_\_\_\_

Next time, I can prevent these excuse by: \_\_\_\_\_

I was demotivated most by: \_\_\_\_\_

Unsupportive people included: \_\_\_\_\_

What didn't work for me: \_\_\_\_\_

Unexpected obstacles included: \_\_\_\_\_



# 1. CHOOSE A GOAL & PURPOSEFUL ACTION

My Good Excuse Goal is to: \_\_\_\_\_

My 30 Day Do It is to: \_\_\_\_\_

In the next 30 days, I need to invest \_\_\_\_\_ hours and \$\_\_\_\_\_ into the completion of my 30 Day Do It.



# 2. BENEFITS OF DOING IT

## CLARIFY YOUR WHY

1. This goal aligns with my **principles** and belief that:

\_\_\_\_\_

\_\_\_\_\_

2. This goal will allow me to exercise my **passions** for:

\_\_\_\_\_

\_\_\_\_\_

3. This goal addresses my (or the) **problem** with (of):

\_\_\_\_\_

\_\_\_\_\_

4. My success positively affects the following **people**:

\_\_\_\_\_

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5. This goal **positions** me to be a much better:

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6. **Pioneers** who have inspired me to do this goal include:

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7. In pursuit of this goal and upon completion, I **picture** myself:

\_\_\_\_\_

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What worked for me: \_\_\_\_\_

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My bad excuses included: \_\_\_\_\_

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My Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

My bad excuses included: \_\_\_\_\_

Next time, I can prevent these excuse by: \_\_\_\_\_

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Unsupportive people included: \_\_\_\_\_

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My signature: \_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_

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My Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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My bad excuses included: \_\_\_\_\_

Next time, I can prevent these excuse by: \_\_\_\_\_

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## GIVE YOUR WORD

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My signature: \_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_

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YES  NO  SORT OF—IN UNEXPECTED WAYS

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What worked for me: \_\_\_\_\_

Unexpected outcomes included: \_\_\_\_\_

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Signature of a group member: \_\_\_\_\_

My Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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My Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

My bad excuses included: \_\_\_\_\_

Next time, I can prevent these excuse by: \_\_\_\_\_

I was demotivated most by: \_\_\_\_\_

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\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

# 3. COSTS OF NOT DOING IT

## TIP THE BALANCE

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\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

# 4. SET IT IN MOTION

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My celebration and next meeting is on: \_\_\_\_ / \_\_\_\_ at \_\_\_\_ am/pm

Location: \_\_\_\_\_

## PLAN TO DEMONSTRATE

I will show proof of my success to the group by: \_\_\_\_\_

\_\_\_\_\_

## GIVE YOUR WORD

I will do whatever it takes to uphold my word.

My signature: \_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_

## 5. DID I SUCCEED?

YES  NO  SORT OF—IN UNEXPECTED WAYS

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What worked for me: \_\_\_\_\_

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Signature of a group member: \_\_\_\_\_

My Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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Signature of a group member: \_\_\_\_\_

My Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

My bad excuses included: \_\_\_\_\_

Next time, I can prevent these excuse by: \_\_\_\_\_

I was demotivated most by: \_\_\_\_\_

Unsupportive people included: \_\_\_\_\_

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Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

My bad excuses included: \_\_\_\_\_

Next time, I can prevent these excuse by: \_\_\_\_\_

I was demotivated most by: \_\_\_\_\_

Unsupportive people included: \_\_\_\_\_

What didn't work for me: \_\_\_\_\_

Unexpected obstacles included: \_\_\_\_\_



# 1. CHOOSE A GOAL & PURPOSEFUL ACTION

My Good Excuse Goal is to: \_\_\_\_\_

My 30 Day Do It is to: \_\_\_\_\_

In the next 30 days, I need to invest \_\_\_\_\_ hours and \$\_\_\_\_\_ into the completion of my 30 Day Do It.



# 2. BENEFITS OF DOING IT

## CLARIFY YOUR WHY

1. This goal aligns with my **principles** and belief that:

\_\_\_\_\_

\_\_\_\_\_

2. This goal will allow me to exercise my **passions** for:

\_\_\_\_\_

\_\_\_\_\_

3. This goal addresses my (or the) **problem** with (of):

\_\_\_\_\_

\_\_\_\_\_

4. My success positively affects the following **people**:

\_\_\_\_\_

\_\_\_\_\_

5. This goal **positions** me to be a much better:

\_\_\_\_\_

\_\_\_\_\_

6. **Pioneers** who have inspired me to do this goal include:

\_\_\_\_\_

\_\_\_\_\_

7. In pursuit of this goal and upon completion, I **picture** myself:

\_\_\_\_\_

\_\_\_\_\_

8. My success will increase the **possibility** of:

\_\_\_\_\_

\_\_\_\_\_

# 3. COSTS OF NOT DOING IT

## TIP THE BALANCE

If I don't complete my 30 Day Do It, I commit to:

\_\_\_\_\_

\_\_\_\_\_

as a form of payment to my 30 Day Do It group.

\_\_\_\_\_

\_\_\_\_\_

# 4. SET IT IN MOTION

## PLAN TO CELEBRATE

My celebration and next meeting is on: \_\_\_\_ / \_\_\_\_ at \_\_\_\_ am/pm

Location: \_\_\_\_\_

## PLAN TO DEMONSTRATE

I will show proof of my success to the group by: \_\_\_\_\_

\_\_\_\_\_

## GIVE YOUR WORD

I will do whatever it takes to uphold my word.

My signature: \_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_

## 5. DID I SUCCEED?

YES  NO  SORT OF—IN UNEXPECTED WAYS

## 6. SUCCESSFUL & UNSUCCESSFUL PATTERNS

In achieving my 30 Day Do It, I learned that I: \_\_\_\_\_

One thing I would do differently next time is: \_\_\_\_\_

I was motivated most by: \_\_\_\_\_

Supportive people included: \_\_\_\_\_

What worked for me: \_\_\_\_\_

Unexpected outcomes included: \_\_\_\_\_

## 7. CELEBRATION OR PAYMENT

### PROOF OF CELEBRATION

Signature of a group member: \_\_\_\_\_

My Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### PROOF OF PAYMENT

Signature of a group member: \_\_\_\_\_

My Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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My Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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My Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

### PROOF OF PAYMENT

Signature of a group member: \_\_\_\_\_

My Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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