

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 ___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, I DID IT NO, I DIDN'T DO IT



DAY DO IT
MOVEMENT

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: _____

My bad excuses included: _____

Next time, I can prevent these excuses by: _____

I was demotivated most by: _____

Unsupportive people included: _____

What didn't work for me: _____

Unexpected obstacles 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: ____/____/____

I. 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 MVMT 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 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: _____

Jullien Gordon

Date: 2/1

EXAMPLE

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

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 excuses 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

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: / /

EXAMPLE