

# 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