F.I.R.S.T. TEMPLATE

### FOCUS (F)

* What are the things I can DO to achieve this goal?
* Which one do I focus on for now?

### IMPLEMENT SOMETHING EVERYDAY (I)

* What is ONE thing I will DO every single day to become good at my focus area
* If someone is watching me, can he/she video tape this? If the answer is no, I need to change what I’ve put above.

### REFLECT (R)

* When will I make time, EVERYDAY, to reflect on my success / learnings from my actions

### SUPPORT (S)

* Who can help me in maintaining my stamina to make this change until it becomes a habit?
* When will I regularly solicit feedback from him/her?

### TRANSFER TO NEXT LEVEL (T)

* When I succeed in creating this habit, what will be a meaningful next level to undertake to achieve my overall goals?