

# COMPELLING REASON EXERCISE

IF YOU ARE PRETENDING TO BE CONFUSED ABOUT ANYTHING YOU WANT TO COMMIT TO ACCOMPLISHING, WRITE IT HERE.

CONFUSION IS ALWAYS A LIE THAT PREVENTS PROGRESS. ADDRESS EACH OF YOUR "I DON'T KNOW" STATEMENTS BY ASKING YOURSELF, "IF YOU DID KNOW, WHAT WOULD YOU DO?" THEN WRITE WHAT COMES TO MIND. YOU WILL BE SHOCKED BY THE KNOWLEDGE YOU HAVE.

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MAKE A DECISION TO COMMIT NO MATTER WHAT. WHAT IS YOUR WHY? WHY IS THIS SO IMPORTANT TO YOU?

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WHAT WILL HAPPEN IF YOU DON'T COMPLETE THIS?

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WHAT DISCOMFORT WILL THIS CAUSE? WHY WILL IT BE WORTH IT?

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WRITE YOUR EXACT COMMITMENT BELOW. GIVE A TIMEFRAME.  
MAKE IT MEASURABLE. MAKE IT EXCITING.

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WHAT WOULD MAKE IT EVEN BETTER? HOW CAN YOU MAKE IT EVEN MORE COMPELLING? COULD YOU ADD REWARDS?

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DOCUMENT THE COMPETING DESIRES AND YOUR STRATEGY TO OVERCOME EACH ONE. (THIS BECOMES A NEW TO DO LIST.)

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BE AWARE OF YOUR LEVEL OF COMMITMENT EACH DAY. MEASURE IT ON A SCALE OF 1 TO 10. IF IT DROPS TOO LOW, WHAT WILL YOU DO TO INCREASE YOUR COMMITMENT AND MOTIVATION?

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DO YOU TRUST YOURSELF HERE? WHY OR WHY NOT?

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HOW WILL YOU HANDLE THE DISCOMFORT OF EVOLVING, CHANGING, OR DISRUPTING YOUR FAMILIAR AND COMFORTABLE PATTERNS? WRITE A FEW SENTENCES HERE.

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WHAT IS THE MASSIVE ACTION YOU MUST COMMIT TO DO REGULARLY TO FULFILL YOUR COMMITMENT? EXPLAIN IT HERE.

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