One
Sheet
Summary

do this

Behavior Swarming to the Golden Behaviors Behavior = Motivation + Ability + Prompt

Swarm	Aspiration & Outcome		
	Behaviors (be wildly optimistic at first, but also specific) [number your behaviors]		
Analyze	("What will you do on the hardest day of the week?")		
High-Impact Behaviors Very effective at helping me toward my aspiration		Round One: Organize by Impact "How effective is this behavior in helping me?"	
		Round Two: Organize by Feasibiliy "Can I get myself to do this?"	
<b>No</b> I can't get myself to	✓ Yes → I can get myself to	The behaviors in the upper right quadrant are your Golden Behaviors	

## Recipe (Habit Chain)

AFTER I	I WILL
brush teeth	floss one tooth
TO CELEBRATE, I WILL	fist pump

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do this

Low-Impact Behaviors Not effective at helping me toward my aspiration