

Sticky to Success

Achieve your goals with just a sticky note and a pen

WRITE YOUR GOAL

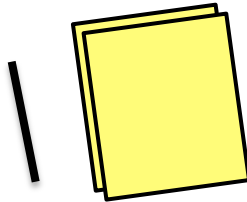
Write your goal on 3 sticky notes.

Good goals are:

- short
- specific
- scheduled

Place one sticky note by your bed, one at your desk and one in your purse or wallet.

Read your goal every morning and twice more during the day.



Follow these steps every day and you will achieve your goal.

All you need is:

- * a goal
- * a pen
- * some sticky notes

WRITE YOUR NEXT ACTION

Pick a consistent time to work on your goal every day.

Write the next action you are going to take towards your goal on a sticky note.

Do the next action at your designated goal time.

Write the next action to do tomorrow on a new sticky note.

"STICKY TO SUCCESS" DAILY

Read your goal daily.

Do the next action towards your goal at the same time every day.

Work on it for at least 10 minutes.

Write the next action on a new sticky note.

Never miss more than one day of working towards your goal.

Stick to doing this and you will achieve your chosen goal.

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