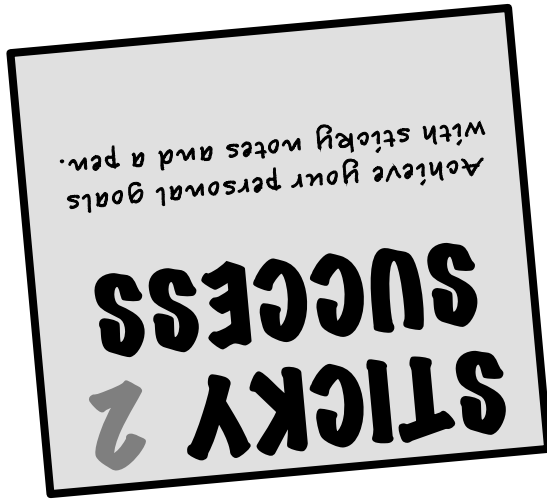


Barney Mathews  
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*"The most important thing about goals is having one." Successful people have goals. To achieve your goal all you need is a sticky note and a pen.*

### WRITE YOUR GOAL DOWN

If you want to be successful the very first step is to know what your goal is - and then to write it down. Goals should be **short, specific** and **scheduled** to give you the best chance of success. Short goals are good because the more complex your goal the lower your chance of success. Specific goals are good because you know exactly what it is you want to achieve. Scheduled goals are good because it gives you a sense of urgency and deadlines are an antidote to procrastination.

**Write your goal on a sticky note.**

**Read your goal to yourself every morning and every night.**

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If you repeat the Sticky 2 Success process every day you will be successful in achieving your personal goals.

**Follow this process every day.** Never miss more than one day in a row.

**Write down another small thing** to do tomorrow.

**Do the one small thing** you wrote down.  
Many people have dreams. Fewer people have goals. Even fewer people actually do anything about their goal. You can be one of the "even fewer" just by doing one thing towards your goal each day.

### DO YOUR NEXT STEP

#### WRITE YOUR NEXT STEP

Write down just one small thing you could do towards your goal on a sticky note. Avoid over thinking it, you don't need to know every single step before you start. If you put off starting until you have a complete plan you will never get started. All you really need to know is the next step.

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

Make the step or task doable in 15 minutes or less. Split it in to smaller chunks if needed.

If you are going to be successful at achieving your personal goal you will need to work on it every single day. Pick one time you will work on your goal at the same time every day.

**Pick a consistent 'goal time' to work towards your goal each day.**