

TODAY I DID MY VERY BEST: WORKSHEET

We all have goals and work hard to change bad habits and patterns of thinking into ones that serve us and help us become who we wish to be. That said, our track records for successful change aren't good; research suggests ~50% of people give up after 30 days, and ~90% have given up by day 90. **TODAY I DID MY VERY BEST** is a gimmick to help you create and maintain the daily discipline necessary for short- and long-term success. It's personal accountability through active questioning. It goes like this in 6 simple steps:

- 1) **start** each day with your end-of-day in mind – your bedtime review and inventory of the day¹
- 2) **anticipate** wanting to actively question “**did I do my very best today to _____?**”² then,
- 3) **identify** what needs to happen during the day for this evening question to be a huge **YES!**³
- 4) **turn** the things you identify into plans and activities – write them in the **Absolutes** section below
- 5) **capture** ‘do this / don’t do that’ filters in the section below to increase your odds of success⁴
- 6) **ask** someone to help you be accountable – review your results daily/weekly and get feedback

At the end of each day, usually just before bed or perhaps after brushing your teeth (pick a time and be consistent), stop and ask yourself very intentionally “did I do my very best today to _____?” If you did, Great! If you did not honestly do your very best, ask why – look at where you didn't follow through, made excuses, or failed to plan. Adjust and do better tomorrow.

PLANNING & ACTIVITY ABSOLUTES (these are anchors that ensure success)

- my objective is scheduled on my calendar with a primary time and alternate time
- I have leading & trailing habit triggers designed to initiate and drive my activities
- my activities are small enough to be achievable but large enough to be effective

DO THESE THINGS

- ✓ anticipate interruptions – be alert!
- ✓ prep my workout clothes & towel
- ✓ let people know I'll be at the gym
- ✓ create a trigger to leave work on time
- ✓ be ready for my accountability check in

DON'T DO THESE THINGS

- X allow external control of my schedule
- X eat things from my 'do not eat' list
- X ignore my trigger, or make an excuse
- X blow off my accountability check-in
- X make my goals too large to complete

DID I DO MY VERY BEST TODAY TO: (only one thing & be very specific)

- get to the gym and complete my beneficial daily workout

¹ Consider adopting [The 5 Minute Journal by Intelligent Change](#), or choose a different journaling diary

² Read [Triggers by Marshall Goldsmith](#) to understand active questioning

³ Read [Atomic Habits by James Clear](#) to understand Habit Stacking

⁴ Read [Tiny Habits by BJ Fogg](#) to understand action prompts and emotional motivation

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-
-

DO THESE THINGS	DON'T DO THESE THINGS
✓	X
✓	X
✓	X
✓	X
✓	X

DID I DO MY VERY BEST TODAY TO: (only one thing & be **very** specific)

➤ _____

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