

Rule #4 Worksheet

Compare yourself to who you were yesterday, not to who someone else is today

Important to note – “We are not equal in our ability or outcome and we never will be.” JBP

In reference to taking small actions and rewarding yourself for completing those actions – “*And you do the same thing tomorrow, and the next day, and the next. And, with each day, your baseline of comparison gets a little higher, and THAT’S MAGIC. That’s compound interest.*” P96 – 12 rules for life.

- Print the grid below, hang it where you can see it.
- Set a goal. Fill in the “WHAT” column with a note about what you’re doing each day to get closer to the goal.
- Tell someone who wants the best for you about your goal. Ask them to check in with you on the goal each day.
- As you complete the “WHAT” each day, climb the stairs by marking off each box.
- Claim your reward and set a new goal for next week.

Goal: _____

WHAT	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date:							

Reward: _____

