

3-2-1 Will Rock Your Life

The ~~3-2-1~~ is a technique that I used many moons ago for my “to do” list in real estate. I’ve used it many ways over the years, from organizing my holiday season, to building my coaching practice.

Use the 3-2-1 every day in your planner. What matters begins to happen. This is one tool that gets things done in “bite size” steps.

You can mix this up yourself. Be creative. You’ll be amazed at how simple it is to get what you want, your way.

3 Tweaks. Make a list of 3 small tweaks to engage in that move you toward your goal

2 Celebrations. What two things will you celebrate and be grateful for today?

1 Stop. Pick one thing to STOP DOING that contradicts your goal.

~~3-2-1~~ Tracker

Week: ___ / ___ to ___ / ___	Monday	Tuesday	Wednesday	Thursday	Friday
Tweaks 3					
Celebrations 2					
Stop 1					