What is the goal?	
Why do you want to achieve this goal?	*What steps do you need to take?*
What excuses could you have to not want to do the work necessary to achieve this goal?	*Why are these invalid? What will you do when you have these thoughts?*
How are you going to incorporate these steps?	*What are you going to give up to achieve this goal?*

What type of goal is it?		
☐ Habit-based	☐ Achievement-based	☐ Experimental
How often should this habit occur?	*When do you want to achieve this goal?*	*What options are there to try?*
How often can you miss this habit?	*What if you don't achieve this goal?*	*When will you continue pursuing this goal?*
How long do you want to stick to this habit?		*When will you quit pursuing this goal?*