

EASY Acronym

Do NOT over complicate your goals! Make them EASY!

01

Enjoyable

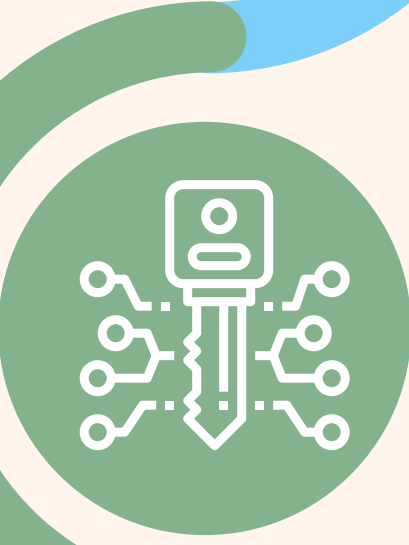
Goals must generate positive emotion when you imagine taking action. Your new behaviors must connect to an authentic area of interest.



02

Accessible

Goals are achieved when you remove potential obstacles to increase accessibility. Daily behaviors/practices that promote goal achievement, must be easily incorporated into your existing routine.



03

Sustainable

Goals are achieved through habitual daily practices. Identify micro-behaviors that move you incrementally closer to your long-term goals without overwhelm.



04

Yours

Goals need to be deeply personal to YOU. It is important to establish and revisit WHY this goal is desired.



My Mini- Journal was developed to hold individuals accountable to established EASY goals. To learn more about my work and the “EASY” acronym visit www.lightninginabottle.biz/journal or www.directimpactmedia.com.

A Checklist For

The EASY Acronym

Let's start on your EASY goals!

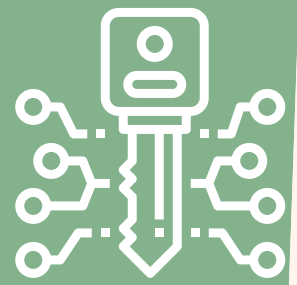
ENJOYABLE

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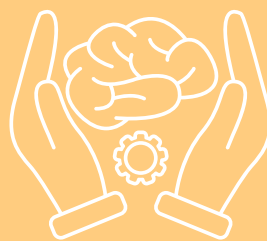
ACCESSIBLE

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SUSTAINABLE

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YOURS

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