Setting Goals

Specific
Measureable
Attainable
Reasonable
Time-based

» Find 3 touchpoints per goal

» Make a plan, write it down

» Reduce friction or create friction

» Follow the dopamine (create positive associations)

» Build a routine

» Hold yourself accountable

DISCIPLINE = FREEDOM

1 Personal:

2 Academic:

Touchpoints

Goal 1	Goal 2

untapped