**Overview and Objective**

Today our focus might be the most important of all: executing. In other words taking courageous, consistent action to bring your goal to life.

In this Fun Sheet, you’ll determine what step to take right now to bring your project to life and get it done. Don’t worry if you don’t feel ready because the world’s happiest and most successful people never ‘feel ready’ to make a bold move, they just go. This reminder is especially important if you have perfectionistic tendencies.

*You don’t have to get it perfect, you just have to get it going!*
Exercise Instructions

1. YOUR ACTION STEPS.

Write down at least 5 concrete action steps you could take to bring your project or goal to life. Don’t worry about not being ‘ready’ or prepared enough. Just list a few simple action steps that will help you create momentum towards your goal.

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<th>Concrete Action</th>
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2  REVIEW YOUR LIST.

Tap into your heart and intuition. Which step feels best to do right now? Which step feels exciting and perhaps even a wee bit scary? Choose an action step that’s both intelligent and stretches you outside your comfort zone. Circle that concrete action step and then...

3  GO DO IT!

Take action and do that thing right now!

☐ Check this box once you’ve taken at least one concrete, meaningful step towards your project or goal.

4  KEEP GOING.

Brilliant Job! Now either keep that momentum going and take even more steps or transfer the other action steps into your calendar and schedule exactly when and where you’ll make them happen. (The sooner the better!)
Congratulations!

You’ve just completed The Follow-Through Formula. Now that you know the steps, you must stay focused on implementing them daily.

Because success doesn’t come from what you do occasionally, it comes from what you do consistently.

Come back to this program anytime you need a refresher and want to strengthen that vital skill of finishing what you start.

“Much of the stress that people feel doesn’t come from having too much to do. It comes from not finishing what they started.”

- David Allen