

Make It Smaller, Not Gone

Adjust a goal that stopped fitting your life, instead of dropping it altogether.

WHEN TO USE THIS

Use this when you are close to giving up on something you still care about.

What is the goal, and what does it ask of you right now?

What has changed since you set it?

Time, health, money, people, work.

What is the smallest version of this goal that would still count to you?

Write the smaller version here, and the date you will look at it again.

Shrinking a goal keeps it alive. You can grow it again when there is more room.