

The One You Keep Restarting

Look at a goal you have started many times, without turning it into a verdict on you.

WHEN TO USE THIS

Use this when you are about to start something over for the third or fourth time.

Restarting is not proof of anything about you. It usually means the plan asked for more than you had.

What is the thing you keep starting again?

Think back over the last few tries.

WHAT WAS GOING ON WHEN IT WORKED

WHAT WAS GOING ON WHEN IT STOPPED

What would you change about the plan this time, not about yourself?

Every restart carries information from the last one. That is worth something.