

THE FOUR KEYS

for creating a momentum of growth

Goal-Path-Motivation-Commitment

**WHATS
THE GOAL**
(direction)



**WHATS
THE PLAN**
(focus)

Structure



Energy

**WHATS MY
MOTIVATION**
(fuel)



**AM I
COMMITTED**
(strength)



THE FOUR KEYS

for creating a momentum of growth

Goal-Path-Motivation-Commitment

1. Create a high-hard outcome goal
2. Understand the qualitative experience while accomplishing my big goal

1. My routine to be prepared to show up is
2. My plan to refocus when I'm distracted is

Structure



Energy

1. Intrinsic (doing something without any obvious external rewards)
2. Extrinsic (reward-driven behaviour)

1. Extremely 2. Moderately 3. Somewhat
PROVE YOUR COMMITMENT each day by...

