

The Official Coach Matt // Ready for the Quest

← Practice Planner →

Instructions: Grab some paper and a beloved writing utensil and answer these questions. If you are stumped by anything, skip it for the moment and/or take a break. Take frequent breaks. Take your time and give this your full attention. Try to enjoy it!



Setting INTENTION / GOALS

What is the goal of this practice?

Why do you want to do that?

Is that goal daunting, thrilling, and important?

What would near-term progress or improvement of this practice look like?



Exploring MINDSET

What negative thoughts (assumptions) about this Practice feel very fixed and unchanging?

What do you believe you cannot change?
(e.g. "I will always..." "I will never...")

What part do you believe you can change?



Building SELF-EFFICACY

What's at the very top of your self-efficacy ladder?

What do you wish you could accomplish *today*?

What could you *definitely* accomplish today?

What would be a small (5%) but significant stretch, today?

Cultivating HOPE

On a scale of 0-10, how compelling is your goal and the why behind it? What could make it more enticing?

List some possible paths to your goal.

Do you believe that you can do it?

On a scale of 0-10, how's your self-efficacy doing?



Identifying OBSTACLES

What are the biggest obstacles right now?

What will be the biggest obstacles later on?

Who will get in the way? (Be honest!)


What are your own internal obstacles?



Recognizing RESISTANCE

How does Resistance most often manifest to stop you?

Lazy, impatient, distracted? What is your weakness?



Managing SELF-REGULATION

Is this a High-MP ask? Will it cost a lot of MP?

On a scale of 0-10 (*no 7s allowed*), how big a lift is this?

What would this look like if it were easy?



Savoring FUN / JOY

What part of your Practice sounds like the FUN of it?

What part of your Practice will bring the most JOY?



RAMPing MOTIVATION?

BELONGING: Rate it on a scale of 0-10 (*no 7s allowed.*)

What would make it better?

AGENCY: Rate it on a scale of 0-10 (*no 7s allowed.*)

What would make it better?

MASTERY: Rate it on a scale of 0-10 (*no 7s allowed.*)

What would make it better?

PURPOSE: Rate it on a scale of 0-10 (*no 7s allowed.*)

What would make it better?



Designing HABITS

What's the obvious CUE?

What tells you when to start the Practice?

Can you stack it on another habit?

How will you make it EASY?

What will create friction?

How can you remove that friction?

Can you make it ATTRACTIVE?

Attach something you *want* to do to something you *need* to do.

How can you make it part of your identity and culture?

A sacred TIME and PLACE.

Where will you do it?

When will you do it?

How often?

REWARD yourself!

What will be your reward when you complete your practice for the day?

(It needs to be pleasurable, extraordinary, immediate, uncertain, and it should reinforce the identity you desire.)

Reality check.

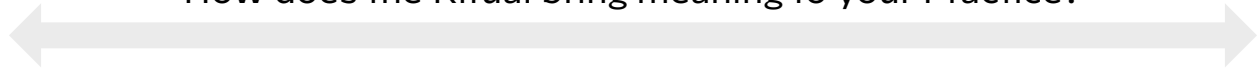
Did you design that habit for your lesser self or your ideal self?

Will it fall apart when you're tired/lazy/stressed/hangry/etcetera?

Designing RITUALS

How do you transition to your Practice?

How does the Ritual bring meaning to your Practice?



Embracing THE UNKNOWN

What are the possibilities – both good and bad?

What part of the practice journey will you enjoy?

What is terrifying about it?



Harnessing COMMITMENT

Rate your commitment on a scale of 0-10 (*no 7s allowed.*)

Why isn't it lower?

What would make it higher?



Now, Describe Your PRACTICE, very specifically.

It's the Practice of *what*, exactly?

What will you do? Describe it step-by-step.

For how long will you do it? How often? Where?



MEASURING YOUR SUCCESS

List three Measures of Success for doing your Practice.

Keep it simple! Yes or no questions.

Make sure they're about something you can control.

e.g. Did I do yoga for thirty minutes? Did I make 25 attempts?

Did I send 15 emails? Did I try one new thing?

Did I complete the assignment? Did I quit before I got exhausted?



Making BACK-UP PLANS.

What will you do when things go wrong and the Practice isn't working?



← YOU DID IT! →

Final step: Go celebrate and take in the good!