

Lesson 3: Write it into existence



In this lesson we're going to tackle big goals.

Now that you've made your space ready for studying, written down your near-future timeline/goals in your calendar, I know you've got some bigger items there that may be causing some anxiety.

Guess what, though? What they say in the movies and in memes on the internet are true, **you really can do anything you set your mind to.**

Sometimes that whole, "setting your mind to it" thing is difficult, so here's my trick for stepping past that brick wall. This lesson is very simple. **Write it down and stick it up on your wall.**

You can use sticky notes, a piece of paper and tape (the masking tape kind, don't ruin the paint, huh!), or if you have a white board use that. The main thing is to get it into a "permanent" spot that you look at every day. I usually hang them above my laptop screen at my desk.

The reason we want to get our goals out there is the same way psychologists recommend to tackle demons. You have to name them. **You have to bring them out of your mind and shine light on them.**

This can help you realize if the goal is SMART (Simple, Measureable, Attainable, Realistic, and Timely) and motivate you to get it done! It's kind of like being your own mom by nagging yourself subtly every day. Making a vision board is cool, but let's be real, we don't have time for that. We're trying to get stuff done.

On your sticky or piece of paper write the goal in **five words or less, write a date you want to be done by, and write it clearly** so you can easily read it from the other side of the room. Writing down the goal in simple terms like this helps you organize your mind and can help make the goal seem more attainable.

This is another example of using something physical to get yourself started on a task. In Lesson 1 we shut the door or turned our phones off/upside down to turn on our "study mode," now you'll use that piece of paper to cheerlead yourself onwards (and hopefully reduce some of that anxiety). **Take a deep breath and get started!**

Let's Review:

1. Decide on a goal/milestone you want to reach.
2. Write it down on a piece of paper and hang it up above your desk.
3. Use five words or less, a date, and clear handwriting.