

21-Day Productivity Challenge

BIG GOAL:

DAILY HABIT:

START →			
		REWARD:	

21-Day Productivity Challenge

Thank you for downloading the 21-Day Productivity Challenge from <http://sagegrayson.com>. This fun exercise will help you stick to tiny daily habits to reach your ultimate goals.

Instructions

1. Choose one big goal for this challenge such as "lose 5 pounds," "read 1 book," or "double my subscribers."
2. Choose one daily habit that directly leads to your big goal such as "stick to my calorie limit," "read for 15 minutes every morning," or "publish one blog post per day."
3. Cross off, highlight, or color in one box for each day of the challenge when you successfully complete your daily habit.
4. Give yourself a reward if you stick to your new habit for the full 21 days. Ideally, your reward should help you reach the next level of success, rather than undermine your progress. For example, if you track your calories for 21 days, then you might buy new measuring spoons and bowls to help you stick with it. Don't buy yourself an extra-large pizza to celebrate!



Who's Sage?

Hey there! I'm Sage Grayson, a former book editor turned life and business coach. I'm a Life Editor . . . and so are you!

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