



Change Academy Lab Notes

TOPIC: What goals are still unmet?

EPISODE #53

NOTES/TAKEAWAYS:

EXPERIMENT:

1. Think about a goal or ambition that's been on your "to achieve" list for a while.
2. Take a moment to think (compassionately) about how much emotional capital you're spending on that unmet goal.
3. Think about anything you've been putting off because this particular goal is still unmet.
4. Decide right now to either officially table that goal for now OR commit to taking concrete action this week.

OBSERVATIONS:

FURTHER EXPERIMENTS: