

Video 19 - Measuring Your Progress

Discussion Questions

1 - After we've identified all the tasks we need to complete in order to reach our goal, what are the two things we should do with our task list?

2 - Why should we set deadlines for our tasks?

3 - What happens once we start taking action?

4 - (Pair and Share) Emotion follows motion. That means that once you start doing something and get into a flow, you start to enjoy it.

Tell the person next to you about a time when you started doing something even though you didn't feel like doing it, but after a while you started to enjoy it. Maybe it was going for a jog. Or going to the gym. Or reading a book.



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