

Your beloved activity: _____

Your WIG: _____

Go ahead and repeat this exercise a few times—I've found that WIGs work best when you have between two and four going at once. Remember to stick with things you truly enjoy, not things you think someone else would admire. Write your WIGs below:

MY WILDLY IMPROBABLE GOALS

Date these goals were set: _____

1. _____

Date achieved: _____

2. _____

Date achieved: _____

3. _____

Date achieved: _____

4. _____

Date achieved: _____