

Tony Robbins 5-Step Plan To Get Into Action

First Step

Write down an action that you need to take that you've been putting off:

Second Step

For this action, write down the answer to the following questions:
Why haven't I taken action? In the past, what pain have I linked to taking this action?

Third Step

Write down all the pleasure you've had by indulging in your negative pattern:

- | | |
|---------|---------|
| ● _____ | ● _____ |
| ● _____ | ● _____ |
| ● _____ | ● _____ |
| ● _____ | ● _____ |
| ● _____ | ● _____ |
| ● _____ | ● _____ |

Fourth Step

Write down what it will cost you if you don't change now:

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Fifth Step

Write down all the pleasure you will get from taking this action right now and in the future:

- | | |
|---------|---------|
| ● _____ | ● _____ |
| ● _____ | ● _____ |
| ● _____ | ● _____ |
| ● _____ | ● _____ |
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