

Start Doing Something that Matters

Set a Worthy Goal

1. Find Your Focus
2. Test Your Ambition
3. Claim Your Goal

My Worthy Goal (Thrilling, Important & Daunting)

Commit

4. See Where You Stand
5. Weigh Up the Status Quo
6. Weigh Up the Journey

False Starts

Mosquitoes
(dos & don'ts)

Prizes: Comforts

Punishments: Costs

Prizes: Qualities

Punishments: Risks

Cross the Threshold

7. Take Small Steps
8. Remember Your Best Self
9. No One Travels Alone

Histories, Experiments & Practices

This/Not That

Build the Band