

# Creating the Plan

**B**y now you have read about the 10 *Joy of Getting It Done* tools and done all the exercises in each chapter. Or maybe not. Maybe you skipped some of the tools or some of the exercises because they didn't speak to you. There's no rule that says you have to read this book from front to back, or do all of the exercises or use every tool to do it "right." The tools are like clothes in a store – choose the ones that fit and leave the rest behind.

In this chapter, you're going to have the opportunity to create a master plan for each one of the goals that you outlined at the beginning of this book. You'll have a chance to go back and review the applicable exercises and bring everything that you found useful into one place for each goal. Not all of the tools will work for all of your goals, so don't try to force the issue if a tool doesn't seem to fit. There's no "one size fits all" here. It's about what works for you.

## ***New Routines***

Choose one from your list on page 6: \_\_\_\_\_

Which of the 10 tools will you use to establish this routine into your life?

✓	Tool	Page	✓	Tool	Page
	#1: Use a Whole Number	20		#6 – Make It Part of an Existing Routine	59
	#2 – Start Small, Increase Slowly	28		#7 – Deal with Distractions	65
	#3 – Break It Down into Manageable Pieces	N/A		#8 – Reward Yourself	75
	#4 – Make Your Decision Ahead of Time	38		#9 – Avoid Your Personal Black Holes	79
	#5 – Make It a Commitment	44		#10 – Get Support	84

