My Sheconomic Strategy

Life goals [1]	Financial goals [2]	Action [3]	By when [4]	How will you feel [5]

Review the goals and tasks at least once a day to keep them fresh in your mind

[1] What do you want to achieve in life?

[2] Write a detailed description as if it has already been achieved, e.g. I have saved £1,000 by the end of the year, rather than I want to save £1,000 by the end of the year. Make sure that it is positively phrased (e.g. not expressed as something you don't want), that it has a clear outcome and can be assessed.

[3] What specific action (including a daily action) will you take to make sure that you achieve this goal?

[4] Set a realistic target date to have fully achieved this goal and each of the tasks needed to reach it.

[5] How will you feel once you reach your goal?