

# Kickoff Phrases



Name \_\_\_\_\_ Date \_\_\_\_\_

## Example Phrases

The best way to get something done is to begin.

If the plan doesn't work, change the plan, never the goal.

Do or do not, there is no try. –Yoda

The lazy man always does twice the work. –Spanish Proverb

Procrastination makes easy things hard, and hard things harder. –Mason Cooley

Just Do It. –Nike

When there is a hill to climb, don't think that waiting will make it smaller. –Unknown

Sometimes our stop doing list needs to be longer than our to do list. –Patti Digh

Whether you think you can or think you can't, you're right.

We do hard things. Do something hard this week.

Sometimes it just takes 20 seconds of courage.

Play Later.

The Choice Is Mine.

## Now Add Your Own

1.

2.

3.



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Now choose one and create a visual of it. Hang it where you can see it every day.

A large, empty rectangular box with a thin black border, intended for the user to create a visual representation of their chosen goal. The box occupies most of the page below the instruction.