

FACET™ Tool – 50 DOs

FACET™		What you will do
F	<u>F</u>OCUS <i>Choose one change in thinking and behavior</i>	The DO I am going to improve in the next three weeks is: DO # _____.
	<u>A</u>CCOUNTABILITY <i>Tell someone who will remind you to do what you said you will do</i>	I will ask _____ to check me on my progress.
C	<u>C</u>ONSEQUENCES <i>Choose positive and negative rewards for your actions</i>	When I do the DO , I will reward myself by _____.
		When I don't do the DO , I will penalize myself by _____.
E	<u>E</u>ASIER TO DO <i>Eliminate roadblocks to your success</i>	I will stop or eliminate _____ to help me do the DO .
	<u>T</u>RACKING <i>Record your progress</i>	When I do the DO , I will track my success by _____.

