Name:

Date & Topic:

My “To Do” List

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

According to a study by Dominican University of California, these three things significantly increase your likelihood of completing a task or goal.

1. **Written Goals**: As speakers are talking, use this list to jot down the things you want to implement at your home, farm, or ranch.
2. **Public Commitment**: Show your list to the person next to you or share with the class during the recap time of the session.
3. **Accountability**: Share your progress with someone each time you gather.