

NO FAIL GOAL FINISHER SYSTEM™

Dragon Slayer Tool



How to Slay Your Fire-Breathing Dragon

Your big goal is your **fire-breathing Dragon**. It's huge, intimidating and scary! But you don't have to slay it all at once. Instead, break it into **catchable Lizards**... small, actionable tasks that can be completed in a day or a relatively small timeframe. Each lizard is a **mini-win** that shrinks your Dragon and builds momentum.

Step 1: Name your Dragon

Give your Dragon a **fun, fearsome name**.

My Dragon Name: _____

My Dragon Goal Details:

Describe in detail what the end snapshot looks like when you cross that finish line.

Why does this Dragon feel scary / intimidating?

- Examples: "Too big to finish," "I don't know where to start," "I might fail," "It's overwhelming," etc.

Step 2: Identify Your Lizards

Break your Dragon into **small, achievable tasks** (Lizards). Each lizard is catchable in a short time frame. If the lizard task still feels too big, **break that lizard down into even more lizards**. Use the next page to list your lizards. Print off as many copies as you need. (*You can even list lizards within lizards!*)

Big Task: _____

Lizard Tasks	Date(s) to catch	Lizard Notes	Caught!



Step 3: Reward Each Lizard

Reward yourself for every mini-win. Hey, you earned it! And by creating small wins, the journey feels less overwhelming. Each small win is indeed a win, so celebrate it!

Examples:

- Take a break and enjoy a few hours of your favorite activity.
- Go to the beach, hike a trail, or do some other outdoor get-away.
- Schedule a coffee run with a friend.
- Purchase a small, fun item representing and reminding you of your win.

Step 4: Track your Overall Progress

Shade in the **Dragon percentage complete** as you progress, working your way towards the finish line.

0%100%



"I am a **NO FAIL Goal Finisher!**"