

# GUMPTIONWORK

## My Vital Few Facts

You can also do this online:  
[www.gumptionade.com/my-vital-few-facts](http://www.gumptionade.com/my-vital-few-facts)

Please write down your Top 5 bad habits

Behavior #1 \_\_\_\_\_

Behavior #2 \_\_\_\_\_

Behavior #2 \_\_\_\_\_

Behavior #4 \_\_\_\_\_

Behavior #5 \_\_\_\_\_

Now pick the one that causes you 80 percent of the problems you have reaching your goals. Write down this bad habit again here:

\_\_\_\_\_

You know what to do next. Look for the force of it. Write down your ideas here, if you please: \_\_\_\_\_

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