

GET YOUR POINTS HERE!



3
points!

- Print material for the Monthly Mission Month! Easy, right! Per print!
- Get active on the Fairytale Fraud Facebook thread! Points per thread.
- Discuss one of our 'get going' questions.^
- Tell three people outside of your family about your Monthly Mission!
- Visualise! Imagine getting the task done. What would it be like?
- Really encourage someone who is 'getting on with it!'.

5
points!

- Get someone else to join the Monthly Mission! Points per person!
- Discuss one of our 'get going' scenarios.^
- Create yourself a reward chart or use our Ready for Rescue one!
- Learn more! Read one of our 'Top Tips Sections'
- Celebrate your success! Yes!!! Points for partying!!!

10
points!

- Have a 'get going' debate.^
- Discuss the procrastination 'Meal Mat!' (being developed)
- Set your goals and milestones for October.
- Memorise your own mottos for coaching yourself to 'get on with it'.
- Share your transformation - show us your 'before' and 'after' picture!
- Read and Discuss 'Ready for Rescue?'

20
points!

ANNND...complete a task by your deadline!