Plan every day on paper, or they type it.

把每天的计划写在纸上，或者敲到电脑上。

The point is, they don't just mull over their thoughts for the day and try and stick to it. They put words to their intentions and keep track of their progress throughout the day.

关键是，他们并不只是仔细考虑当天的想法，并努力坚持下去，而是用语言来描述出自己的计划，并且整天跟踪计划的进展情况。

If you have ever tried to just pick groceries without a list, you most likely know that this process will let you down time and time again. Don't let yourself down in life, write down exactly what you mean to accomplish and execute.

如果你曾经尝试过不用清单，直接去挑选杂货，你很可能就会知道，这样的过程会让你一次又一次地失望。别让自己活在失望之中，把你要做的事准确地写下来。

It is reported that people who maintain a calendar and to-do list are 289% more likely to become millionaires compared to people who do not keep track of themselves. If you start planning every day right now and continue the ritual, you are 3 times more likely to become a millionaire in your life.

有报道称，相比于那些没有追踪计划的人，习惯用日历和待办清单的人成为百万富翁的概率增大了289%。如果你从现在开始每天制定计划并持续下去，那你成为百万富翁的概率就会提升3倍。

While you are at it, make sure you keep as many notes as possible. Richard Branson and Bill Gates are both notable note takers and they attribute the habit to their success.

当你做记录的时候，要尽可能记得详细一些。理查德·布兰森和比尔·盖茨都是著名的记录者，他们把这个习惯归因于他们的成功。

1.**mull over**

 仔细考虑；

2.**stick to**

  坚持；粘住；

3.**keep track of**

  跟踪；记录；与…保持联系；

4.**throughout the day**

  整天；

5.**pick groceries without a list**

  不用清单，而直接挑选杂货；

6.**let you down**

 让你失望；

7.**time and time again**

  一次又一次；不断地；

8.**mean to do sth.**

 打算做某事；

9.**It is reported that**

  据报道；

10.**to-do list**

  任务清单；工作安排；

11.**millionaire** [mɪljə'neə]

  百万富翁；大富豪

12.**ritual** ['rɪtʃʊəl]

  n. 仪式；惯例；adj. 例行的；

13.**more likely**

  更可能；

14.**notable** ['nəʊtəb(ə)l]

  值得注意的，显著的；著名的；