

# Marginal Gains Tracking

## Anchor Your Goals

What is your goal? (Recommended between 9 to 36 months)

### Dissect the Goal

What do you need to be good at to achieve this goal?

- Be as specific as possible.
- Focus on processes, not outcomes. Processes lead to outcomes and are controllable. Outcomes are symptoms of the process and we cannot **directly** control it.

Include goals about mental health, focus and concentration, time management and procrastination, study skills and how much you can retain given the time spent studying.

### Evaluate Your Level

1. How good am I at this right now?
2. How do I know I am this good?
3. What condition must be true for my evaluation of my level to be accurate?
4. What is everything I do with regards to this process? (Think of this step like an instruction manual for someone else to do exactly what you do - be as specific as possible)
5. Is it possible that I am not as good as I think I am?
6. If yes, what do I need to learn more about to be certain of my level?

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## Find the 1%

How can you be 1% better?

- Any amount of improvement is acceptable, even if it isn't technically 1%.
- Consider improvements relating to consistency, speed, being intentional, reflecting more regularly or more critically, and **especially** learning more about what you need to do and experimenting with new methods.

## Reflection

How did your experiment go? Did you get better? If not, why – and how can you change that? If yes – what made it easier or harder for you to succeed?

**This should be completed at least once per week, and ideally at the end of every day, with each day bringing a new 1% gain.**