



# The ASS Plan

*Plan to achieve your goals in a way inspired by  
Aaron Ross's goal setting style of Announce,  
Specific Outcome, Specific Date*



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Accountability is a powerful tool for life fulfillment. I find SMART goals uninspiring, but I love what author Aaron Ross writes about creating forcing functions that get you into action. He calls them ASSes.

1. Announce to others that you'll create a ...
2. Specific outcome, by a ...
3. Specific date

Or more simply have a deadline that other people know about.

He writes this is how he motivates himself when he is tired, confused, unsure what to do and to ensure he does the important but not urgent things that typically get pushed aside. He emphasizes that you should only announce things that you can control.

This template is to start your own ASS Plans.

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# ASS PLAN

**Announcement  
#**

**Specific Outcome**

**Specific  
Date**

**Done!**



# Try the GPT



## **ASSPlan**

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ChatGPT

<https://chat.openai.com/g/g-y7hY1QwBU-assplan>

