

## What is the Paperclip Approach?

The Paperclip Approach is a type of goal-setting technique that helps track your progress. By using paperclips to visually mark your wins and incremental successes, you can better understand your pace, plan the course of your day, and celebrate each step in meeting your goals.



100 pushups each day? Start with 10 paperclips on one side of your desk or table and move one over each time you do a set of 10.



25 emails every day? Start with 25 paperclips on one side of your desk or table and toss one to the other side each time you press send.



8 glasses of water each day? Start with 8 paper clips on one side of your desk or table and slide one over each time you finish a glass.



Medication 3 times a day? Set 3 paper clips out and return each one to their container each time you swallow your pills.

## Not a Paperclip Fan?

Not a problem! You can use any small visual marker to help you set goals. For example: coins, pens, pushpins, sticky notes, etc.

