



START NOW, NOT LATER

Use this sheet to take action today.

- 1 Identify one goal you've postponed until 'the right time'.
- 2 Write down a small, concrete action you can take today towards that goal.
- 3 Commit to starting that action this week, no matter how small.
- 4 Reflect on a past moment when you started in the middle of chaos.
- 5 Share your action with someone who can support you.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

MON

TUE

TUE

WED

WED

THU

THU

FRI

FRI

SAT

SAT

SUN

SUN

What I noticed this week:

The year isn't over. It's half begun.