



HONOR THE CONTRACT

Use this sheet to hold yourself accountable.

- 1 Identify one private truth you've been avoiding.
- 2 Write down one honest turn about that truth.
- 3 Choose one small action you can take today to address it.
- 4 Reflect on how you feel after taking that action.

MAKE IT YOURS

My one move this week: _____

When and where, exactly:

My witness (one person I told): _____

I showed up:

MON

TUE



WED

THU

☐

FRI

9

SAT

SUN

What I noticed this week:

Judge us by what it does for your Tuesday.