



MAKE A SMALL PROMISE TODAY

Use this sheet to commit to a manageable action.

- 1 Identify one promise you made this year.
- 2 Choose a specific time and place for your action.
- 3 Commit to just twenty minutes of effort.
- 4 Write down your plan and keep it visible.
- 5 Reflect on your progress after each session.

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's half over — or half begun.