



SHARE YOUR SMALL PLANS

Use this sheet to commit to small actions.

- 1** Identify one small plan you want to pursue.
- 2** Choose one person to share this plan with.
- 3** Set a time to discuss your progress with them.
- 4** Commit to working on this plan most days.
- 5** Skip the big announcements; focus on the small steps.

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

SAT

SUN

MON

TUE

WED

THU

FRI

SAT

SUN

What I noticed this week:

Small plans don't need an audience. They need a witness.