



YOUR MIDDLE START METHOD

This sheet outlines the steps to make real changes in your life.

- 1 Identify your worst day and shrink your promise to fit it.
- 2 Choose one reliable person to share your plan with.
- 3 Track your progress daily and keep records of your actions.

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

What I noticed this week:

The year isn't over. You're holding the method now.