



DRAW YOUR OWN LINE

This sheet helps you reclaim control of your narrative.

- 1** Open your planner to a blank page.
- 2** Write today's date at the top.
- 3** Identify one small action you can take today.
- 4** Commit to revisiting this page tomorrow.
- 5** Reflect on your progress weekly.

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:

Day one isn't found on a calendar. It's declared.