



REDIRECT YOUR EFFORTS TODAY

This sheet guides you to overcome task paralysis with small, deliberate actions.

- 1** Identify the single next right thing you can do.
- 2** Complete that task before moving to the next.
- 3** Acknowledge and write down small victories.
- 4** Adjust your plan instead of abandoning it.
- 5** Steer your week one task at a time.

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:

Holding ground counts. Write that down too.