



START IMPERFECTLY TODAY

This sheet helps you take the first step toward lasting change.

- 1** Identify one habit you want to start.
- 2** Set a small, achievable goal for today.
- 3** Acknowledge the calm as part of the process.
- 4** Commit to the small action, even if it feels boring.
- 5** Reflect on the progress, not the excitement.

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:

Boring is what keeping looks like.