



LOWER THE BAR TO BUILD MOMENTUM

This sheet helps you reclaim control by making starting easier.

- 1** Identify the task that feels overwhelming.
- 2** Set a timer for ten minutes.
- 3** Focus on starting, not finishing.
- 4** Acknowledge any progress as a win.
- 5** Repeat daily to build momentum.

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:

The bar was never the point. The showing up was.