



START SMALL TODAY

This sheet helps you identify and start small tasks.

- 1** Identify one small task you've been putting off.
- 2** Set a timer for ten minutes.
- 3** Begin the task without the pressure to finish.
- 4** Reflect on how starting changes your mindset.
- 5** Plan when you'll return to complete it.

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:

Progress begins with the first step, not perfection.