



SEIZE YOUR NEXT OPPORTUNITY

This sheet helps you act on the next available opportunity instead of waiting for a perfect restart.

- 1** Identify the last habit you missed.
- 2** List the next available opportunity to act on it.
- 3** Commit to a small action today, even if imperfect.
- 4** Reflect on how it feels to return, not restart.
- 5** Repeat this process for the next missed habit.

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:

Interrupt the waiting game; take the next step today.