



DESIGN YOUR DAY WITH PRE-MADE DECISIONS

This sheet helps you create a plan that removes the need for motivation.

- 1 Identify a task you've been postponing.
- 2 Link it to a specific, unavoidable moment in your day.
- 3 Decide the exact action you'll take at that moment.
- 4 Write it down as a commitment to yourself.
- 5 Test it for a week and adjust as needed.

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

What I noticed this week:

Build a plan today that doesn't rely on motivation tomorrow.