



RESTART WITHOUT EXCUSES

A guide to overcoming the excuse of missed days.

- 1** Acknowledge the missed day without judgment.
- 2** Identify the habit you want to return to.
- 3** Commit to doing today's version of the habit.
- 4** Avoid punishing yourself with extra work.
- 5** Reflect on how ordinary returns rebuild habits.

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:

One miss is enough. Don't let it be the reason you miss again.