



START YOUR MOMENTUM TODAY

This sheet helps you take the first small step toward big changes.

- 1** Open your planner or notes app.
- 2** Write down one simple task you can do today.
- 3** Set a timer for five minutes.
- 4** Complete the task without overthinking.
- 5** Reflect on the progress you've made.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

11

MON

1

TUE

WED

11

THU

1

FRI

9

SAT

1

SUN

What I noticed this week:

Skip perfect. Start small.