



IMPLEMENT MICRO MOVES FOR CHANGE

This sheet guides you through creating small, actionable steps for your goals.

- 1** Choose one goal to focus on.
- 2** Identify a specific trigger for your action.
- 3** Shrink the action to a manageable size.
- 4** Formulate the sentence: 'If this, then that.'
- 5** Write it down where you'll see 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

What I noticed this week:

Make the decision now, so there's nothing left for tonight-you to lose.