PROTECT YOUR PROMISE

A guide to keeping one commitment today.

1. Identify one task you've been postponing.
2. Decide on a small, manageable piece of it.
3. Set a specific time to start today.
4. Commit to protecting this time from negotiation.
5. Reflect on how keeping this promise affects your self-trust.

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:

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Your word still has weight when you protect it.