

January Goal Sheet

Three lines (Chapter 13); put it where you'll see it every day. **Line 1. One approach goal** (one thing to do more of, small enough to manage on your worst day):

Check: on a Tuesday morning, does it tell me what to do? Is it “do more,” not “stop doing”?

Line 2. One "if... then..." sentence: If I _____
(something I already do every day), then I _____.

Line 3. A plan for a slip: If I miss a day, then the next day I carry on as usual, no making up, no punishment. My most likely slip is _____; when it happens, I'll _____.

Tick each day you do it (nine weeks). In early March, ask: has it become almost automatic?

[illegible]