My New Year's Days and the First Twelve Weeks

The temporal landmarks in my year (Chapter 13): the first of each month, my birthday, the first day back after holidays, the start of my children's school terms, the Lunar New Year (if I celebrate it), a house move or new job.

Nearest landmark: _____ Week 4 review: _____ Week 12 review: _____

Week	Main task	Done
Before day one	Write the Handover Note; reread it on a tired evening	☐
1–2	"Embarrassingly easy" weeks; note how it feels while doing it	☐
3–6	Uphill stretch: use the bad-day version; someone alongside; change one thing in my surroundings	☐
4	Review the note: cut what's heavy, keep what's become easy	☐

Week	Main task	Done
7–12	If the first habit is nearly automatic, only then add a second with its own note	☐
After 12	Ask again: does it run by itself yet?	☐

Bedtime first, everything else after (Chapter 9). Lights out: _____ Phone leaves the room at: _____ My own time: from _____ to _____ Wake-up time all week: _____