
Reading the Small Print

My contract (Chapter 2). Write your goal as three clauses:

Clause	What	How much	Starting when
1			
2			
3			

Circle in red the dangerous words: “every day,” “regardless,” “completely,” “never,” and any number that describes an outcome (kilograms, centimetres, sizes).

The three missing clauses

- Force majeure: in a week with _____, I only need to do _____.
- Minimum: on the worst day, doing _____ still counts as done.
- The day after: if a day is missed, the next day I’ll do _____.

Outsider who read it: _____ **How long they think I’ll keep it up:** _____

- ☐ I’ve cut the number in my goal in half.
- ☐ I’m starting one thing, not three.