
The Handover Note

From: me, on _____ **To:** me, on February 15 (and every ordinary Tuesday)

Forecast (Chapter 5). An ordinary Tuesday for me looks like this:

1. What I'm adding (an action, not an outcome; Chapters 2 and 8):

The pleasant thing while I'm doing it: _____ Temptation bundle (if needed): _____

2. Bad-day version (Chapter 4): _____

3. Two "if... then..." sentences (Chapter 10)

Starting: If _____, then I'll _____.

Biggest obstacle: If _____, then I'll _____.

4. One change to my surroundings (Chapters 3 and 11):

5. The day-after plan (Chapter 12)

If I miss a session, at the next one I'll do: _____

When I come back after a missed session, I'll treat myself to:

Review on (four weeks from now): _____ **and on** (twelve weeks from now): _____

☐ I've reread this note on a tired evening, and it still looks doable.