

One Small Change, Seven Days

Track one small change for a week and see what it is really like to do it.

WHEN TO USE THIS

Use this over one week, starting the day you pick the change.

The one small change, written so plainly that anyone could tell if you did it.

Fill in one line each day. Blank days are information too.

DAY	DID IT?	WHAT HELPED OR HURT

At the end of the week: what would make next week easier?

Seven days is a test, not a verdict. You are finding out what this really takes.