

Starting Again After You Stopped

Restart a routine you dropped, without needing to explain why it stopped.

WHEN TO USE THIS

Use this when something you were doing well fell away and you have not picked it back up.

What were you doing that you are not doing now? How long did you keep it up?

What was happening around the time it stopped?

No blame. You are looking at the conditions.

Stopping is part of how routines go. Most things worth keeping get restarted more than once.

What is the smallest restart? Not the old version, the beginner version.

A tenth of what you were doing before is fine.

When is the first time you will do it? Write the day and the time.

Picking it up again is not starting over. You keep everything you learned.