

Steady Enough for Now

Say what steady looks like for you, and spot the days you got close.

WHEN TO USE THIS

Use this at the end of a week, or when someone asks what you are aiming for.

What does steady look like for you? Be specific and small.

Not happy. Steady. What are you doing on a steady day?

How many days this past week came close to that?

0	1	2	3	4	5	6	7	8	9	10
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None

Every day

What was different about the steadier days?

One thing you could repeat on purpose this week.

Steady is not the same as good. It is enough to build on.