

The Days You Do Not Want To

Make a plan for the days when the wanting is gone but the goal still matters.

WHEN TO USE THIS

Use this on a day you do not feel like it, or before one you can see coming.

What is the thing you do not feel like doing today?

How much do you feel like doing it right now?

0	1	2	3	4	5	6	7	8	9	10
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Not at all

Ready to go

What is the smallest piece of it you could do anyway?

Five minutes. One page. One block of the walk.

What would you like to say to yourself afterwards, either way?

Waiting to feel like it can be a long wait. Small counts on these days.