

The Line You Keep Letting Slide

Name one limit you set and keep giving up on, and find the moment it goes.

WHEN TO USE THIS

Use this when you have made the same rule for yourself more than once.

What is the limit you keep setting?

Think of the last time it slipped. What was happening right before?

Who was there, what time it was, how tired you were.

What is the smallest version of this limit you could actually hold?

A smaller line you keep is worth more than a big one you give up on.