



PROJECT

What's the project you want to complete?

WHY?

Why does this matter to you? Why do it?

“BACK ON TRACK” THOUGHT

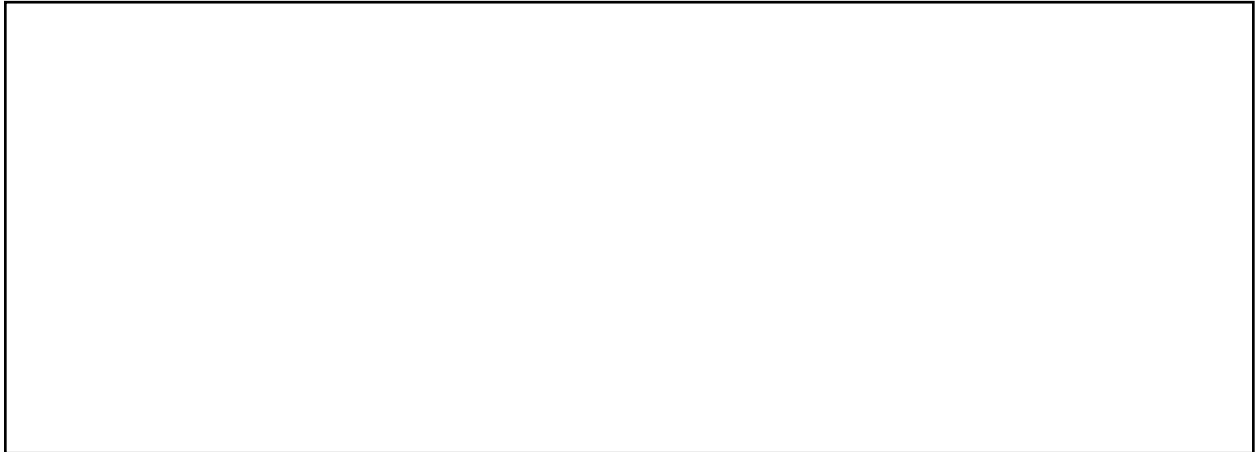
If you notice yourself getting off track—avoiding, procrastinating, feeling overwhelmed—what’s something you could say to yourself to get your mind back on track?

TINY GOALS FOR TODAY

Choose 1-3 very tiny goals for today. Very small. Realistic. Gentle.

VICTORY!

Once you complete your tiny goals for today, what will you do to celebrate?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

YOU'RE DOING A GREAT JOB!