

Week 2: Making it real

From a sentence to dated actions

Take the one sentence from week one. Three things have to happen before it can. Not ten. Three.

#	WHAT HAS TO HAPPEN	BY WHEN	DONE
1			
2			
3			

The first, smallest step. Small enough that you'll do it even on a bad day.

When exactly will you do it? Day and time.

What will you tell the group on Thursday if it didn't happen?
