

Kaira

A little room to *start again.*

One habit. One next opportunity. A plan that fits this week.

What do I want to return to?

One habit, and what it makes room for in my life.

What got in the way?

Name the obstacle. What part of the plan can I change?

My next attempt

After _____ on _____, I will _____ in _____.

My smaller version

What still counts on a day with less time or energy?

What I will prepare

The book in my bag. The notebook by my chair. One useful change.

If that opportunity falls through

My next suitable opportunity is _____. No catching up required.

When I will check in

On _____: what happened, what helped, and what will I adjust?
