My One-Page Plan

Copy your answers from the workbook. Keep this on your fridge.

My value

I'm becoming someone who...	
My value is...	

My committed action

I will... for...	
If (barrier)... then I will...	
Anchor: when I..., I...	
Smallest version	

When my thoughts get loud

My top thought	
My unhooking tool	
My social script	

My weekly rhythm

When	Check-in	Ask
Start of week	Check barriers	What might get in the way? If-then for the biggest one.
Midweek	Notice thoughts	What story am I believing? Use my tool.
When it gets messy	Reconnect to value	Who do I want to be right now? One small toward move.
End of week	Reflect and reset	What worked? What got in the way? One small adjustment.

My reflection day and time	

At a choice point: one slow breath. What do I need right now? Is this a toward move or an away move?

When this happens, remember...

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A missed day is data, not a verdict. Shrink the habit, not the goal, and pick up where you left off.