define:
MY DAY

Date _____

My next step

Pick one goal you care about. Give one small part of it a place in your day.

> **For example**
> I want to feel closer to my sister. After lunch, I'll call and pick a day for a walk together.

What do I want to change?

Think of something that keeps getting pushed to "someday."

What's one step I can finish today?

Start with a verb. Make it small enough to fit the day you actually have.

When will I do it?

Choose a time or tie it to something already in your day.

At the end of the day

What moved forward? Where will I pick up next time?