

# 52

**Steps**  
improve.

**Step** \_\_\_\_

\_\_\_\_ / \_\_\_\_ / \_\_\_\_



What is the one important task for this week?

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What is my motivation/reward? How will I feel, having done it?

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What is in my way? What are the hurdles, I need to overcome?

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How am I going to beat the obstacles and achieve my goal?

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Beginning of the week

End of the week

Did I make it?

YES ☐

NO ☐

Yes? Great! How does it feel? Use a few more words for celebrating 😊

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If you didn't make it - don't worry, simply cut this step into smaller ones and try again. Remember what Bruce Lee said: be water, my friend!

Quote of  
the week: