

The Small-Promise Tracker

Choose a promise small enough to test in your actual week. Record what happened. A missed attempt is information for the next one.

Illustrative example: After lunch, I will walk for five minutes. If lunch runs late, I will step outside for one minute.

1. What promise are you choosing? Make the action visible and specific.

2. When and where will you try it? What smaller version could still count?

3. Record three attempts: date / what happened / what helped or got in the way.

4. What will you keep, change, or stop for the next attempt?

Give the move a place in your week.

Choose an action, give it a time, and leave room to adjust. You can return to this sheet after the attempt.

Name (optional)

Date

My action: what will I do?

My planned time: when and where?

My smaller fallback: what can I try if the original plan is too much?

My review date: when will I look back?

After the attempt: what happened, and what will I adjust?

Keep this for yourself. You do not need to send your answers anywhere to use this resource.