WORKSHEET **My Coach Card**

Copy each line from the worksheet where you first wrote it. Pencil is fine; you'll change some of these after Day 30.

My area: _____

My daily move: _____

My minimum (same size all month): _____

My dumb-small start: _____

My trigger line: When _____,

I _____.

My odd-day trigger line: When _____,

I _____.

My obstacle line: If _____,

I _____.

My process run, first two moves: _____

My best dial, if any: _____

My room rig, in one line (seconds before and after): _____

Killer line for Mood: _____

Killer line for Time: _____

Killer line for Later: _____

Killer line for What's-the-Point: _____

Killer line for Already-Blew-It: _____

Killer line for Tired: _____

What I'll say when I see an empty box: _____

My Day 30: _____

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