WORKSHEET **My Starting Line**

Rate each one from 1 to 10 for this past week, then write one honest line about why. Date it and keep it somewhere you'll find it in three weeks.

Date: _____

Lucky (1 to 10): _____ Why: _____

Calm (1 to 10): _____ Why: _____

Open (1 to 10): _____ Why: _____

Something I'd been putting off that I did this past week (or "none"): _____

An opportunity I followed up on this past week (or "none"): _____

The superstition I lean on most right now: _____

The moment in the next three weeks I'm most nervous about: _____

A note to my Day 21 self: _____

☐ I rated all three before starting.
☐ I put this page where I'll see it on Day 21.

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