WORKSHEET **My Session Ramp Card**

The project: _____

Today's session, named small (what and how long): _____

Step Zero (starting from last time's foothold, if there is one): _____

Step 1: _____

Step 2: _____

Top of the ramp (done for today looks like): _____

The foothold I'll leave for next time: _____

When my next session is: _____

☐ I named the session, not the whole project.
☐ I did Step Zero.
☐ I reached today's top of the ramp.
☐ I left a foothold before I stopped.

© 2026 Blake Tenney · From *Stuck Between Knowing and Doing* · Free to share with credit, not for sale (CC BY-NC 4.0) · antaracollective.com/downloads