WORKSHEET **My Standing Ramp**

For a task that keeps coming back (Chapter 12).

The task: _____

My hook: When I _____, I take Step Zero.

Step Zero: _____

The steps after it, one small move each:

1. _____

2. _____

3. _____

Top of the ramp: _____

☐ The hook happens almost every time.
☐ The hook happens near the task.
☐ I'll check this ramp in my weekly ramp swap: keep, shrink, retire or add.

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