CHECKLIST **My Comeback Ramp**

Use this after a few days or weeks away from your ramps (Chapter 13).

- ☐ Say it plainly: “I stopped because life got heavy. Picking ramps back up is part of using them.”
- ☐ Read through my ramp cards without making any promises.
- ☐ Pick the card with the smallest top.
- ☐ Walk it in low gear only.
- ☐ Put the other cards back. Throw none away.
- ☐ Write one letter in my 30-day tracker.

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