

I'm In!

MY POTENTIAL IS THE GOAL. THIS WEEK IS THE FOCUS.

The real commitment here is bigger than any single week — it's to your fullest potential, to becoming who you're truly capable of being. But that's not something that can be achieved all at once. In the last exercise, you worked out the next goal you want to focus on, why it matters, and what your first week could look like. Now it's time to commit to what your goal entails for this coming week. Decide exactly what you're going to do, say it out loud, and check in with it each day.

1. Plan your week

Bring over the goal you chose to focus on and planned out in the last exercise, then place your first step onto your actual week below. If that first step is a one-time action — like booking an appointment — put it on the day you'll do it. If it's a daily practice — like learning for 20 minutes each morning — write it once, then simply repeat it across the days it applies. You don't need to fill every day, just the ones where something needs to happen.

Each morning, take 30 seconds to close your eyes and picture yourself actually doing it — see yourself following through, and notice how it feels once it's done.

MY GOAL

DAY	WHAT I'LL DO	VISUALIZED
Sunday		☐
Monday		☐
Tuesday		☐
Wednesday		☐
Thursday		☐
Friday		☐
Shabbos		☐

2. Commit — out loud

I'M IN!

There's real power in verbally committing to your focus for this week.

1. Write it. Finish this sentence with exactly what you're doing this week.

THIS WEEK, I WILL

2. Say it out loud, right now. Read your commitment above out loud.

☐ I've said it out loud

3. Tell someone

Tell one person — in person, by phone, or by text — what you're committing to this week. Hearing yourself say it to someone else makes it stick.

WHO I'LL TELL

☐ I've told them ☐ I've added a reminder to my calendar

4. Stay on track

Checking in just means pausing for a moment to ask yourself: did I do what I committed to? If not, don't give up — just reset, and take the next step. Decide now when you'll do this.

HOW OFTEN WILL I CHECK IN WITH MYSELF?

☐ Every day ☐ A few times during the week ☐ Once, at the end of the week

Checking in every day? The "Done" box on your daily card (the last page) is an easy place to tick it off.

WHAT TIME, AND WHERE?

You can also check in with your support person — a quick update on how it's going, even if it hasn't gone perfectly.

WHEN WILL I CHECK IN WITH THEM?

5. Look back, and choose what's next

Pick a day each week to look back before moving forward — Sunday works well for many people, but choose whatever day suits you.

MY WEEKLY REVIEW DAY

WHAT WORKED?

WHAT DIDN'T?

WHAT DID I LEARN?

WHAT WILL I COMMIT TO FOR THE COMING WEEK?

- ☐ Focus on the same goal and practices for another week
- ☐ Move up a notch, now that it feels easier
- ☐ Switch my focus to something new

This is also a good time to talk it through with your support person — they can help you see whether to stick with your current goal a bit longer, or when it's time to switch.

- ☐ I've talked it through with my support person

Once you've decided, come back to Section 1 and fill in your plan for the coming week.

This week is your focus, not the whole journey.

I'm in. One week at a time.

KEEP THIS BY YOUR BED — OR WHEREVER YOU’LL SEE IT IN THE MORNING

This Week

Your plan for the days ahead.

Date: _____

MY COMMITMENT

GOAL: _____

DAY	WHAT I’LL DO	VISUALIZED	DONE
Sunday		☐	☐
Monday		☐	☐
Tuesday		☐	☐
Wednesday		☐	☐
Thursday		☐	☐
Friday		☐	☐
Shabbos		☐	☐

Each morning: 30 seconds, eyes closed — picture yourself doing it. Then go.

Today, act like the person you’re becoming.

When will you check in — with yourself, and with your support person?

MYSELF _____ **SUPPORT PERSON** _____

Missed a day, or starting the week late? Just jump in — you don’t need a perfect week, only this next step.

I’m in. One week at a time.

End of the week? Look back using Section 5, then note your focus for next week here.

NEXT WEEK: _____