FIND TRACTION · THIS WEEK

Something to try, not prove.

> *"Don't wait until you feel motivated."*

STUCK Which way have I been stuck?

☐ Spinning out: lots of want, nothing sticks ☐ Running flat: none of it feels like mine ☐ Both

FUEL Pressure or pull?

☐ "I have to do this, or I'll be less of a man."
☐ "I want to do this, because of what it makes possible."

WANT What I actually want

What used to light you up before anybody graded it? Is it mine, theirs, or both?

WHEN

WHERE

FIRST ACTION

SMALL If the week falls apart, the smallest version is

"Traction isn't 50/50. In a brutal season you might be almost all structure for a while. The question is whether you still know what you want."

FIND TRACTION · AFTER THE WEEK

What actually happened.

> *“Failure is the evidence of doing.”*
> MATTER OVER MIND, CHAPTER 10

1 What made it hard?

2 What did I do, even if it was smaller?

3 What did I notice?

In my body, my mood, the people around me.

4 Keep it, change it, or stop?

☐ Keep ☐ Change ☐ Stop

Some flatness is medical. If you’ve been more irritable, drinking more, driving faster or pulling away from people you love, talk to your doctor this week. If it’s darker than flat, call or text 988.