The Seven-Day Start Plan

Make the first step clear before motivation gets a vote.

Keep one reasonable promise in the responsibilities God has already put in front of you. Record the action, then adjust the plan honestly.

01 Write the standard

Finish the sentence with an action someone could observe.

After this existing routine

I will do this action

For this amount of time

Completed means

02 Prepare the start

Arrange the materials and the household responsibilities before testing your resolve.

Materials I will put ready

Distraction I will remove

Agreed difficult-day action

Person affected / agreement needed

The Seven-Day Start Plan / Review & follow-through

03 Keep the seven-day record

Kept means the full action; Adapted means the difficult-day action agreed above. Missed means neither. Leave an unplanned day blank.

Day	What happened	What I actually did
Monday	-	
Tuesday	-	
Wednesday	-	
Thursday	-	
Friday	-	
Saturday	-	
Sunday	-	

Days kept: _____ Adapted: _____ Missed: _____ Days recorded: _____

04 Return after a miss

Use the record to change one practical detail. Do not add punishment work.

Obstacle the record revealed

One change to the setup

Next time I will begin

When I will review again