

HOW TO USE THIS CARD

ON THE BOAT:

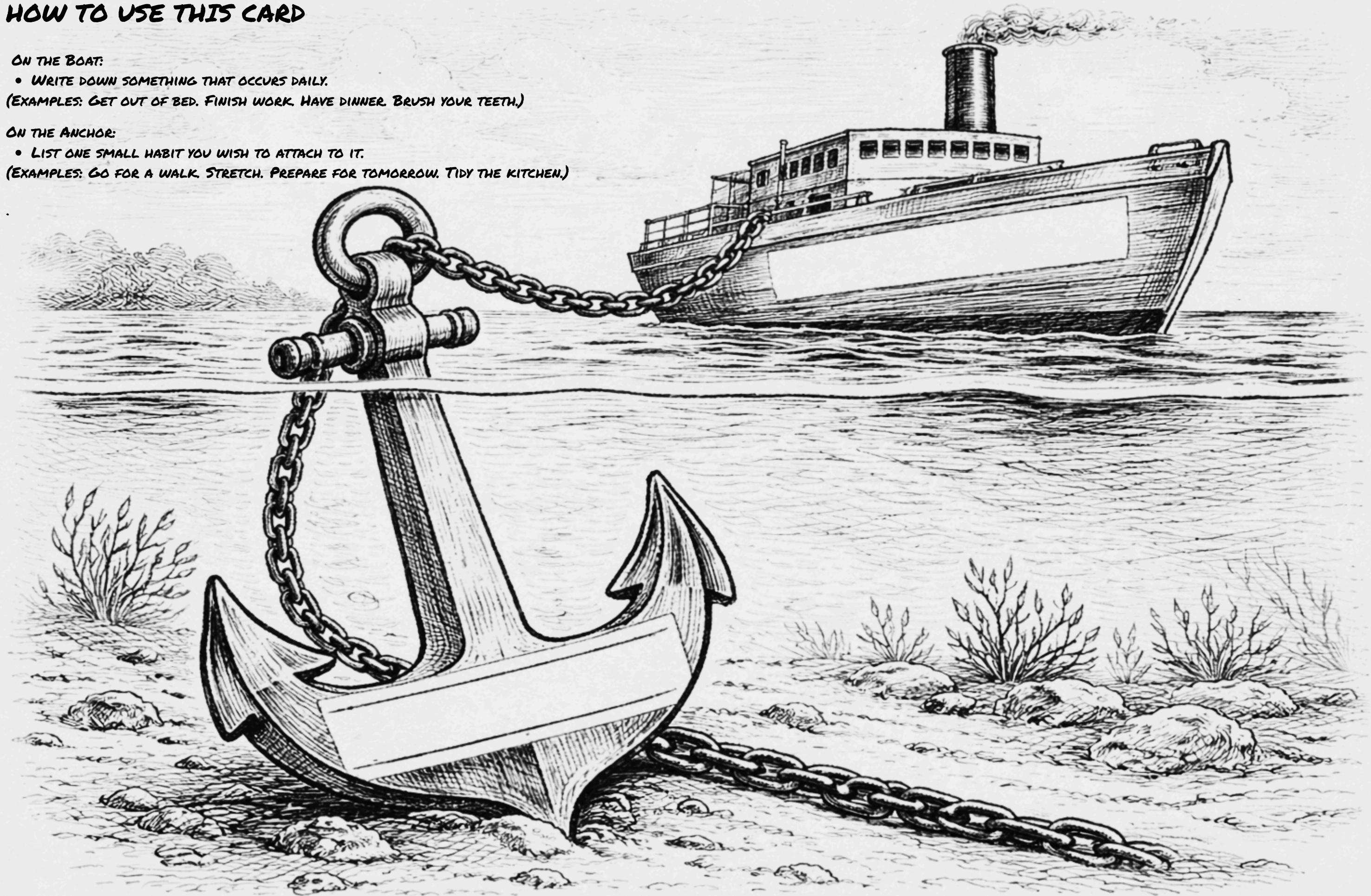
- WRITE DOWN SOMETHING THAT OCCURS DAILY.

(EXAMPLES: GET OUT OF BED. FINISH WORK. HAVE DINNER. BRUSH YOUR TEETH.)

ON THE ANCHOR:

- LIST ONE SMALL HABIT YOU WISH TO ATTACH TO IT.

(EXAMPLES: GO FOR A WALK. STRETCH. PREPARE FOR TOMORROW. TIDY THE KITCHEN.)



→ HOW TO USE THE WHY CARD ←

1. Write one reason this change matters to you.

Not a goal. Not a benefit. A reason you believe.

(Examples: I'm more patient. I sleep better. I feel steady.)

2. Write it once.

Do not revise it later.

3. Read it only when you
feel like quitting.

This card is not for motivation.

It is for moments of doubt.



Reasons endure when enthusiasm fades.