ONE SMALL STEP A WEEK

12-Week Momentum Calendar

Plant one seed a week, thank someone, and write down what grew.

What I'm growing _____ **Start date** _____

Week 1
week of _____ ○

SEED _____

THANKS _____

WHAT GREW _____

Week 2
week of _____ ○

SEED _____

THANKS _____

WHAT GREW _____

Week 3
week of _____ ○

SEED _____

THANKS _____

WHAT GREW _____

Week 4
week of _____ ○

SEED _____

THANKS _____

WHAT GREW _____

Week 5
week of _____ ○

SEED _____

THANKS _____

WHAT GREW _____

Week 6
week of _____ ○

SEED _____

THANKS _____

WHAT GREW _____

Week 7
week of _____ ○

SEED _____

THANKS _____

WHAT GREW _____

Week 8
week of _____ ○

SEED _____

THANKS _____

WHAT GREW _____

Week 9
week of _____ ○

SEED _____

THANKS _____

WHAT GREW _____

Week 10
week of _____ ○

SEED _____

THANKS _____

WHAT GREW _____

Week 11
week of _____ ○

SEED _____

THANKS _____

WHAT GREW _____

Week 12
week of _____ ○

SEED _____

THANKS _____

WHAT GREW _____

How to use it

- Pick one thing to grow for the 12 weeks.
- Write one small step in each week's seed line. Just one.
- Add one thanks, then note anything that grew, even a little.
- Missed a week? Leave it blank and start again on the next one.
- New shiny idea? Jot it in the margin and keep this week's seed.

After week 12

What's different now than on week 1?

_____

_____

_____

_____