



10 Minutes Forward

"Set a timer. Put on a song. Do one small thing. Watch your life slowly change."

This Week's Wins

DATE: _____

What I Did: _____

Minutes: _____

How I Feel: _____

- ☐ Put on music
- ☐ Set a timer
- ☐ Started
- ☐ Finished

Ideas When You're Not Sure What To Do



- Home
- Clear a drawer
 - Sort, paperwork
 - Hoover one room
 - Fold laundry
 - Tidy a shelf



- Life Admiration
- Pay a bill
 - Reply to an email
 - Book an appointment
 - Organise a calendar



- Wellbeing
- Take a walk
 - Stretch
 - Journal
 - Read

This Week I...

Completed ____ mini tasks

Spent ____ minutes moving forward

I feel more:

☐ Calm

☐ Organised

☐ Motivated

☐ Confident

☐ In Control

What I'm Proud Of:



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Small actions become visible progress ☐ Momentum is built one small win at a time ☐ Done is better than perfect ☐

Evidence of a life getting lighter, You don't need a free day. You just need 10 minutes.





10 Minutes Forward



“Set a timer. Put on a song. Do one small thing. Watch your life slowly change.”

Month:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Small actions today. Softer tomorrow. You've got this.

