The First Movement

Convert one long held intention into a first act today.

YOU NEED

a notebook, a pen

THE WORKING

1. Name one thing you have meant to do for more than thirty days and have not begun.
2. Write it down in one line.
3. Under it, write the smallest act you could take toward it in the next five minutes.
4. Do that act now, before you close the notebook.
5. Stop when the act is done, even if more feels possible.

WRITE IT DOWN

Write the intention, the act you took, and the time you took it.

LOOK AGAIN

Tomorrow, read the line and note if a second act came easier or harder than the first.

> *"What is the smallest possible action I could take right now toward that item?" · DEVIL: The Hellish Self*