

## · Momentum Grid ·

## MY BIG GOAL FOCUS FOR THIS GRID:

ACTIONS	SUN	MON	TUES	WED	THU	FRI	SAT
	0	0	0	0	0	0	0
	0	0	0	0	0	0	0
	$\circ$	0	0	$\circ$	$\circ$	$\circ$	$\circ$
	$\circ$	0	0	$\circ$	$\circ$	0	$\circ$
	0	$\circ$	0	$\circ$	$\circ$	0	0
	$\bigcirc$	0	0	$\bigcirc$	$\bigcirc$	0	$\circ$
	$\circ$	$\bigcirc$	$\circ$	0	0	0	0
	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\circ$	$\circ$	$\bigcirc$
	0	0	0	$\circ$	0	0	0
	$\circ$	0	0	$\bigcirc$	0	0	$\bigcirc$
	0	0	0	0	0	0	0
	0	$\circ$	$\bigcirc$	0	0	0	0
	0	$\circ$	$\circ$	$\bigcirc$	0	0	0
	0	$\circ$	0	0	0	0	0
	0	0	0	0	0	0	0
	$\bigcirc$						

It feels so good to keep the commitments to myself... and sometimes I even do more!