

## Your Quick-Start "Do" Sheet

Make copies and use this worksheet to begin any "Do" in a way that works best for you.

The "Do" I will do is:

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Why it's important to me to do this:

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My "How-To" is/are:

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When I will begin:

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How often I will do this:

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Where I will do this:

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Who can support me:

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What can stop me:

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What I will do about that:

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What was successful and how I can keep doing it:

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