








7 BiteSizeSteps

No matter the order, or length of time, I am going to finish these 7 things

- 1. _____ 
I am
- 2. _____ 
I am
- 3. _____ 
I am
- 4. _____ 
I am
- 5. _____ 
I am
- 6. _____ (#1) 
I am
- 7. _____ 
I am

Highlight chosen length and check each as you go!

12 months

6 months

3 months

1 month

2 weeks

1 week

Today

Custom:

