

My 72-Hour Commitment

Insight fades fast. Behavior sticks. Before you close your laptop, commit to one small, specific action you'll take within the next 72 hours: a question you'll ask, a plan you'll pull up, a conversation you'll start.

WITHIN THE NEXT 72 HOURS, I WILL:

The one person I'll involve or tell:

How I'll know it's done:

Signed

Deadline (date + time, 72 hrs out)

Why a small commitment beats a big intention

A 72-hour action is deliberately modest. It's not a strategy but rather a first step small enough that you'll take it. Follow-through builds the muscle; the bigger changes come after.

- Make it specific enough that you'll know, tonight, whether you've done it.
- Tell one person. Saying it out loud is what makes it real.
- Put the deadline in your calendar before you leave the room.

Small act. Real follow-through.