



WHAT'S YOUR 14.4?

1 – This is my 14.4...

2 – My 14.4 is important to me because...

3 – Here are some ways I'll use my 14 minutes & 24 seconds each day to be present / make progress...

4 – My troll (inner judge / critic) is likely to try interfering with my 14.4 by...

When it does, I will...

It's not who you are that holds you back, it's who you think that you're not.



PROGRESS. RECOGNIZED.

1 – To recognize my daily progress and celebrate it, I will...

2 – Consider a celebration strategy that also recognizes the milestones you'll achieve along the way...

→ 10-day streak:

→ 1-month of consistency:

→ 100 days of consistency:

→ 1-year of consistency:

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