Create a list of things that you need to "Just Start" doing

New items will appear on a regular basis so don't be concerned if you only have a few at this stage

Here are some examples to help get you started (and most are those I personally adopted myself)
- Wake AND get out of bed at 5:30am every morning
- Be asleep by 11pm every night (most of our physical healing occurs between 11pm and 2am)
- Do not consume any starches after lunch (e.g. bread, pasta, rice, potato)
- Write at least 500 words per day (in a time space that is my most creative… early mornings for me)
- Block time in my calendar to focus on one specific goal every day (for 90 minutes if possible)
- Get at least 30 minutes of exercise every day (even if it is just walking)

Focus on things to START doing. Look at things to STOP doing later (Start, Stop, Continue exercise).

My items to Just Start

Just start: _____

Just start: _____

Just start: _____

Just start: _____

Just start: _____

Just start: _____

Just start: _____

Just start: _____

Just start: _____

Just start: _____