

# MY TINY CHANGE

PLANNING MY TINY CHANGE		✓
The tiny change I want to make is		
Is there anything I need to prepare or do first?		
What could get in the way? And how will I stop that from happening?		
When will I begin to make the change?		
How long will I keep it up for to feel I've made a long term positive change?		
What small reward will I give myself if I keep the change up?		