

Write the promise before motivation starts negotiating.

Define a realistic weekly floor, the evidence that counts, and how you will resume after a difficult week. Complete this in ten minutes.

1. The result

What will you do, how much, and by when?

2. The evidence

Which app or record is the authority? What counts?

3. The exact window

Start, deadline, timezone, and final review time.

4. The first five minutes

What can you prepare now to make starting easier?

5. The uncertainty rule

What happens if evidence is missing, late, or incomplete?

6. The recovery action

What is the next safe action after a disrupted week?

Choose the lightest mechanism that still changes the week

☐ Calendar / reminder

☐ Visible tracker

☐ Partner / coach

☐ Verified commitment

Weekly review

When will you review the complete result once - without rewriting the terms?
