

Life will test the new you. Pre-decide your responses with simple if-then plans, keep the 15-minute re-entry card for when you fall off the wagon, and write the letter your future self needs to read.

1 · My If-Then Plans (pre-decided responses)

IF this happens...	THEN I will...

2 · The 15-Minute Re-Entry Card (missed a month or more?)

- Reread my vision statement (Week 1)
- Reread my Top 5 values (Week 3)
- Reread “The Point” of the last week I completed
- Do ONE tiny action from the week I’m rejoining: one drawer, one boundary script
- No drama. No self-flagellation. Momentum first, ambition later.

3 - Legacy Letter to Future Me (open in one year)

Date written: _____ Open on: _____

What I want Future Me to remember about this year's work:

My values, so you don't forget them:

The pitfalls I know you'll be tempted by (and what to do instead):

What I'm proud of, right now:

One piece of hard-won advice:
