2027

# MARCH

## A Month of Momentum

One small push a day

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| 1 Write down one goal for this month in one sentence | 2 Do the first two minutes of a task you have avoided | 3 Tidy your desk before you start work | 4 Pick the one thing that would make today a good day | 5 Say your plan out loud to someone | 6 Finish one small task before checking your phone | 7 Write what you will do tomorrow morning |
| 8 Ask someone you respect for one piece of advice | 9 Do one thing today that feels slightly uncomfortable | 10 Look at your goal and cut it in half | 11 Work for 25 minutes with no interruptions | 12 Write down one thing you are proud of so far | 13 Move your body for ten minutes | 14 Remove one thing that distracts you |
| 15 Halfway: write what has worked and what has not | 16 Start with the hardest part for ten minutes | 17 Tell a friend what you are working toward | 18 Say no to one thing that is not important | 19 Plan tomorrow in three lines before you sleep | 20 Do a small favor for yourself that helps tomorrow | 21 Review your progress and give yourself credit |
| 22 Learn one new thing about your goal | 23 Try a different way to do the same task | 24 Rest for ten minutes, then continue | 25 Write down a worry about your goal and one step for it | 26 Share one small win with someone | 27 Do the task you least feel like doing first | 28 Read your goal again and check it still matters |
| 29 Do one thing now that your future self will thank you for | 30 Write what you will keep doing next month | 31 | | | | |