Act first. Let the feeling catch up.

One small, scheduled action, matched to a value and a menu card. Fill this out before you need motivation, not while waiting for it.

A VALUE THIS SERVES

WHEN I'LL DO IT

CIRCLE ONE CARD

Mastery
a sense of 'I did that,' even if no one else sees it

Pleasure
feels good right now, on its own terms

Connection
a small, low-stakes reach to someone

Movement
any change in the body, however small

The smallest version of the action is:

The very first physical motion is (open the app, put on the shoes):

I'll know I started if:

The barrier most likely to get in the way is:

MOOD BEFORE -> MOOD AFTER

○ ○ ○ ○ ○ low high

○ ○ ○ ○ ○ low high

It doesn't have to feel good to count. It only has to be small enough that you actually did it.

Come back to this page after you try it - the mood strip above is the only 'grade' that matters.