

Pocket Workshop — All-in-One Action Tracker

Check each day and jot one line so you can see momentum build.

7-Day Checklist

Day 1 — Spot the Voice: _____

Day 2 — Triggers: _____

Day 3 — Reset (2 min): _____

Day 4 — Kinder Line + 10-min step: _____

Day 5 — Evidence Stack (1 proof): _____

Day 6 — Boundary (first sentence): _____

Day 7 — Weekly Ritual (day/time): _____

Recap Dates

Day 2 • Day 4 • Day 7 • Day 14

Most-missed reset step: _____

Updated boundary sentence: _____

Evidence Stack (5 lines)

1) _____

2) _____

3) _____

4) _____

5) _____

Weekly Ritual

Ritual I'll actually do: _____

Scheduled day/time: _____

Notes
