

Week 1

from _____ to _____

Small beats big · Only what you did yourself · Even on bad days there are three

Monday	I _____	☐
	I _____	
	I _____	
Tuesday	I _____	☐
	I _____	
	I _____	
Wednesday	I _____	☐
	I _____	
	I _____	
Thursday	I _____	☐
	I _____	
	I _____	
Friday	I _____	☐
	I _____	
	I _____	
Saturday	I _____	☐
	I _____	
	I _____	
Sunday	I _____	☐
	I _____	
	I _____	

What was hardest this week? And you did it anyway.



Week 2

from _____ to _____

Small beats big · Only what you did yourself · Even on bad days there are three

Monday	I _____	☐
	I _____	
	I _____	
Tuesday	I _____	☐
	I _____	
	I _____	
Wednesday	I _____	☐
	I _____	
	I _____	
Thursday	I _____	☐
	I _____	
	I _____	
Friday	I _____	☐
	I _____	
	I _____	
Saturday	I _____	☐
	I _____	
	I _____	
Sunday	I _____	☐
	I _____	
	I _____	

What was hardest this week? And you did it anyway.



Week 3

from _____ to _____

Small beats big · Only what you did yourself · Even on bad days there are three

Monday	I _____	☐
	I _____	
	I _____	
Tuesday	I _____	☐
	I _____	
	I _____	
Wednesday	I _____	☐
	I _____	
	I _____	
Thursday	I _____	☐
	I _____	
	I _____	
Friday	I _____	☐
	I _____	
	I _____	
Saturday	I _____	☐
	I _____	
	I _____	
Sunday	I _____	☐
	I _____	
	I _____	

What was hardest this week? And you did it anyway.



Week 4

from _____ to _____

Small beats big · Only what you did yourself · Even on bad days there are three

Monday	I _____	☐
	I _____	
	I _____	
Tuesday	I _____	☐
	I _____	
	I _____	
Wednesday	I _____	☐
	I _____	
	I _____	
Thursday	I _____	☐
	I _____	
	I _____	
Friday	I _____	☐
	I _____	
	I _____	
Saturday	I _____	☐
	I _____	
	I _____	
Sunday	I _____	☐
	I _____	
	I _____	

What was hardest this week? And you did it anyway.



Week 5

from _____ to _____

Small beats big · Only what you did yourself · Even on bad days there are three

Monday	I _____	☐
	I _____	
	I _____	
Tuesday	I _____	☐
	I _____	
	I _____	
Wednesday	I _____	☐
	I _____	
	I _____	
Thursday	I _____	☐
	I _____	
	I _____	
Friday	I _____	☐
	I _____	
	I _____	
Saturday	I _____	☐
	I _____	
	I _____	
Sunday	I _____	☐
	I _____	
	I _____	

What was hardest this week? And you did it anyway.



Week 6

from _____ to _____

Small beats big · Only what you did yourself · Even on bad days there are three

Monday	I _____	☐
	I _____	
	I _____	
Tuesday	I _____	☐
	I _____	
	I _____	
Wednesday	I _____	☐
	I _____	
	I _____	
Thursday	I _____	☐
	I _____	
	I _____	
Friday	I _____	☐
	I _____	
	I _____	
Saturday	I _____	☐
	I _____	
	I _____	
Sunday	I _____	☐
	I _____	
	I _____	

What was hardest this week? And you did it anyway.



Week 7

from _____ to _____

Small beats big · Only what you did yourself · Even on bad days there are three

Monday	I _____	☐
	I _____	
	I _____	
Tuesday	I _____	☐
	I _____	
	I _____	
Wednesday	I _____	☐
	I _____	
	I _____	
Thursday	I _____	☐
	I _____	
	I _____	
Friday	I _____	☐
	I _____	
	I _____	
Saturday	I _____	☐
	I _____	
	I _____	
Sunday	I _____	☐
	I _____	
	I _____	

What was hardest this week? And you did it anyway.



Week 8

from _____ to _____

Small beats big · Only what you did yourself · Even on bad days there are three

Monday	I _____	☐
	I _____	
	I _____	
Tuesday	I _____	☐
	I _____	
	I _____	
Wednesday	I _____	☐
	I _____	
	I _____	
Thursday	I _____	☐
	I _____	
	I _____	
Friday	I _____	☐
	I _____	
	I _____	
Saturday	I _____	☐
	I _____	
	I _____	
Sunday	I _____	☐
	I _____	
	I _____	

What was hardest this week? And you did it anyway.



Week 9

from _____ to _____

Small beats big · Only what you did yourself · Even on bad days there are three

Monday	I _____	☐
	I _____	
	I _____	
Tuesday	I _____	☐
	I _____	
	I _____	
Wednesday	I _____	☐
	I _____	
	I _____	
Thursday	I _____	☐
	I _____	
	I _____	
Friday	I _____	☐
	I _____	
	I _____	
Saturday	I _____	☐
	I _____	
	I _____	
Sunday	I _____	☐
	I _____	
	I _____	

What was hardest this week? And you did it anyway.



Week 10

from _____ to _____

Small beats big · Only what you did yourself · Even on bad days there are three

Monday	I _____	☐
	I _____	
	I _____	
Tuesday	I _____	☐
	I _____	
	I _____	
Wednesday	I _____	☐
	I _____	
	I _____	
Thursday	I _____	☐
	I _____	
	I _____	
Friday	I _____	☐
	I _____	
	I _____	
Saturday	I _____	☐
	I _____	
	I _____	
Sunday	I _____	☐
	I _____	
	I _____	

What was hardest this week? And you did it anyway.



Week 11

from _____ to _____

Small beats big · Only what you did yourself · Even on bad days there are three

Monday	I _____	☐
	I _____	
	I _____	
Tuesday	I _____	☐
	I _____	
	I _____	
Wednesday	I _____	☐
	I _____	
	I _____	
Thursday	I _____	☐
	I _____	
	I _____	
Friday	I _____	☐
	I _____	
	I _____	
Saturday	I _____	☐
	I _____	
	I _____	
Sunday	I _____	☐
	I _____	
	I _____	

What was hardest this week? And you did it anyway.



Week 12

from _____ to _____

Small beats big · Only what you did yourself · Even on bad days there are three

Monday	I _____	☐
	I _____	
	I _____	
Tuesday	I _____	☐
	I _____	
	I _____	
Wednesday	I _____	☐
	I _____	
	I _____	
Thursday	I _____	☐
	I _____	
	I _____	
Friday	I _____	☐
	I _____	
	I _____	
Saturday	I _____	☐
	I _____	
	I _____	
Sunday	I _____	☐
	I _____	
	I _____	

What was hardest this week? And you did it anyway.

