

The Practice Own One Thing

Every evening this week, ask yourself one question: **what did I do today that my future self will thank me for?**

- ♥ Perhaps you rested.
- ♥ Perhaps you kept a promise.
- ♥ Perhaps you had a difficult conversation.
- ♥ Perhaps you didn't abandon yourself.
- ♥ Perhaps you simply got through a difficult day without giving up.

By the end of the week, you'll have seven pieces of fresh evidence that **your life is changing** and evidence that **you're the one** creating the change. That's an important distinction. Because your future isn't being built by what happens to you; it's being built by what you choose to do next.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

Day 7: