ONE MINUTE A DAY

TWENTY-ONE STEPS IN TWENTY-ONE DAYS

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Each morning, a short message from Michel with one small task. Do it, then tick the box. Start today, not tomorrow.

WEEK 1 Find your direction

1	2	3	4	5	6	7
☐	☐	☐	☐	☐	☐	☐
Stand in front of the mirror	**Program your GPS**	**Earn it**	**Make your bed**	**A little initiative**	**Find the step you keep skipping**	**Look back on week one**
date	date	date	date	date	date	date

WEEK 2 Serve, learn and stand for something

8	9	10	11	12	13	14
☐	☐	☐	☐	☐	☐	☐
A glass of water	**We don't have to, we want to**	**Ask someone ahead of you**	**Be the example**	**Clear words**	**No complaining here**	**Five things**
date	date	date	date	date	date	date

WEEK 3 Work, hold on and finish well

15	16	17	18	19	20	21
☐	☐	☐	☐	☐	☐	☐
Seventy-two hours	**Start on the bottom step**	**Turn it into a game**	**Name the problem**	**Change your tactics**	**Pause after the step**	**Exceed one expectation**
date	date	date	date	date	date	date

DAY 22 Take the Staircase Check again and compare it with your first. Then tell Michel which step made the difference: contact@michelwichman.com