Sprinkle IT

FREE PRINTABLE

CHAPTER ONE · EXERCISES

Mindset Shifts

Stop trying to eat the whole elephant.

1 The Elephant Inventory

Think of one goal you've been circling for months — something you really want but haven't started. Write it down. Now shrink it. Not "eat healthier" — "drink one glass of water before my coffee *tomorrow*." Not "get in shape" — "walk to the end of the block and back today." Write the tiny version. Do it today. Then notice how much bigger it felt on paper than it did in real life.

2 The Monday Audit

Think back over the last thirty days. How many times did you say "I'll start Monday" or "next month" or "after the holidays"? Write them down without judgment. Now ask: what would have happened if you'd done one small thing on the day you made the plan? This is not to shame you. It's to show you the gap — and the simple fact that the gap closes with one small action, not a better plan.

3 The Sprinkle It Statement

Write this somewhere you'll see it today:

> *"I'm going to sprinkle into* _____ *by doing* _____,
> *and it doesn't have to be perfect. It just has to happen."*

4 Close Three Loops

Write down three open loops — three things humming in the back of your head right now. The email you haven't answered. The appointment you keep meaning to make. The half-finished thing in the corner. Next to each one, write two things: *what* the very next small step is, and *when* you'll do it. Not "soon." A day and a time. "Call the dentist, Thursday at 12:15." You don't have to finish any of them today. You just have to hand your brain a real plan. Then notice how much quieter it gets in there.

5 Find Your Words

Mine are *Sprinkle it*. Yours might be *Just the next thing*, or *Go small*, or *This counts*. Choose two to four words that sound like a coach who's on your side — short, sharp, kind. Write them where you'll see them. Then, the next time you catch yourself frozen and circling a task, say them out loud. Yes, out loud. Yes, even if someone hears you. Then do one small thing.

Cheesy? Deeply. Does it work? Also yes.

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