

The bike has been sitting there for some time. Nagging us to attend while specks of dust accumulate on the frame. Every time the light shines a certain way, we feel a familiar pang. We all have one. Not a bike. But that thing. That guitar lesson, the swim lesson, the dentist, the doctor, the craft, the recipe, the phone call, the restaurant; that damn thing you've been putting off. And lets be honest, most of us have more than one. We know we do. But we also know, that life is no joke and that saddling up comes at a cost. So, without ditching your obligations, let's prioritize you, and do the damn thing.

The secret of getting ahead is getting started. - Mark Twain

do the damn thing.

What is the damn thing?

I wish, I want, I will ...

Journal: This week, start as many sentences with "I wish, or I want, or I will ... " as you can.


On the last day, pack the statements. Organize them into groups however you wish. Which group of statements are similar. Number them, highlight them ... do whatever to pack them up. Delete some, put some with others if they are similar. You are the author.

Which pack does your heart desire?
Identify one of your wish statements that is calling for you to take action.
This is your damn thing.

Sometimes it may seem like the damn thing is out of our control.

Let's see about that.

You may think you already know. But journaling, listing and packing might lead you elsewhere.



How wonderful it is that nobody need wait a single moment before starting to improve the world. - Anne Frank

Week 1

Get going.

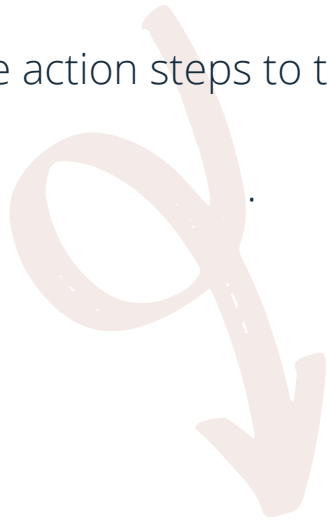
Congratulations!

You know what the damn thing is.

You chose this frikken' thing because you think it is going to make you feel a certain way. Can you name it? The feeling.

Now that you know how you want to feel, and that this damn thing can get you there - list 3-5 actions you will take to get started doing the damn thing.

Assign these action steps to to the next two weeks.



Authors note: Before journaling I thought I was going to choose "I want to wear yoga pants to work every day," But once I attached the feeling, I chose "stop using single use plastics." It has changed EVERYTHING.

Week 2

Doing the damn thing.

This week you get to continue on your action steps. If you are anything like us - you need to schedule these action steps into your week.

Plan what to do. Do what you plan.

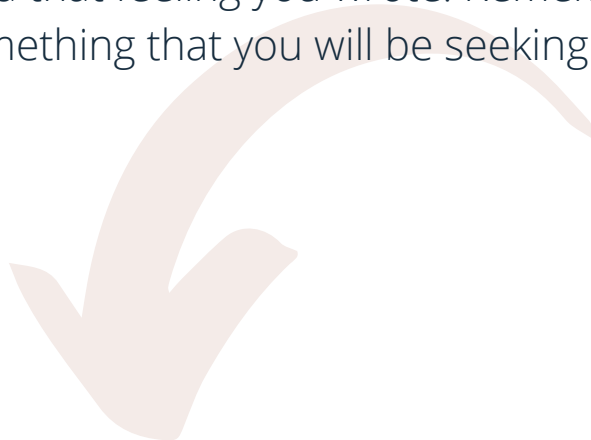
There are no shortcuts here.

"Short cuts make long delays."

- J.R.R. Tolkien, The Fellowship of the Ring

What will you do to celebrate your success? Large or small. Journal it all. In week four, you'll celebrate.

And that feeling you wrote. Remember that. This is something that you will be seeking again and again.



Week 3


Cheersing the damn thing.

We read about leveling up on the book *The Power of Moments*, by Chip & Dan Heath. On week two you wrote about what you would do to celebrate the action steps you took toward your goal. This is leveling up - just like in the videos when get a gold goin or 400 points. Only this time, you get to decide what the prize is. Did you do any of them?

This week is about cheersing (add that to your dictionary now for future use) your damn thing. It's possible that it's still work in progress. *spoiler alert* life is work in progress. And that's ok. Keep plugging away at those things. We tend to think about the goals and tasks in life as big or little things. What if they are all just things, each one adding up to our life.

When you are good and ready (after the cheersing this time 'round) ask yourself:

What's the next damn thing?



Sometimes the bravest and most important thing you can do is just show up. - Brene Brown

Week 4