SIMPLE MAN THINK CIRCLE / FREE PRACTICE

One Promise, Seven Days

Choose one thing you said you would do. Give it a time, prepare for a busy day, and come back in a week to see what happened.

01 What did you say you would do?

Write one action you can see yourself doing this week.

02 Give it a place in your week

DAY AND TIME

WHERE OR AFTER WHAT

03 If the day changes, what will you do?

Pick a smaller action or name the next real opportunity.

A WORKED EXAMPLE

I promised to help a friend prepare for an interview. On Thursday at 7, we'll practice for 20 minutes. If my shift runs late, I'll send the two questions I promised and agree a new time.

04 Come back after seven days

What actually happened? What will you keep or change next week?