

One step a day.

Toward: _____

DAY	DATE	✓	TODAY'S STEP	WHAT HAPPENED
1		☐		
2		☐		
3		☐		
4		☐		
5		☐		
6		☐		
7		☐		
8		☐		
9		☐		
10		☐		
11		☐		
12		☐		
13		☐		
14		☐		
15		☐		
16		☐		
17		☐		
18		☐		
19		☐		
20		☐		
21		☐		
22		☐		
23		☐		
24		☐		
25		☐		
26		☐		
27		☐		
28		☐		

Each week, fold along the dashed line and photograph the ticks only. Your words stay with you.

Day 1.

60 minutes.

- 0:00

Why we're here: "For 28 days, each of us takes one step a day toward one thing. Each evening you'll get one message. We'll meet weekly."
- 0:05

Each person writes their bigger thing. 5 minutes, in silence.
- 0:10

Each person names today's first step aloud. 5 minutes each. Host asks one question until the three boxes are ticked.
- 0:50

Hand out the daily strips. Agree the evening message time and the weekly meeting.
- 0:58

Close: "Take your step today. I'll ask tonight."

NAME	TOWARD	TODAY'S STEP	CHECKS
1			☐ ☐ ☐
2			☐ ☐ ☐
3			☐ ☐ ☐
4			☐ ☐ ☐
5			☐ ☐ ☐
6			☐ ☐ ☐
7			☐ ☐ ☐
8			☐ ☐ ☐

Checks: small enough for today · specific enough to know it's done · moves the bigger thing. Questions: "What's the first piece?" "What will you actually do?" "Where does it lead?"

What did the steps add up to?

50 minutes. Often the group's regular meeting.

NAME	M	T	W	T	F	S	S	ADDED UP TO / WHAT CAME BACK
	☐	☐	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	☐	☐	
	☐	☐	☐	☐	☐	☐	☐	

- 0:00

Read the grid aloud. No comment on the gaps.
- 0:05

Six turns, 7 minutes each: what did your steps add up to? What came back? What's next week's direction?
- 0:47

Anyone quiet for three days gets a call this week. Note it here.

What your people did over 28 days.

Organization _____ · Room _____ · Dates _____

took part	median days with a step (of 28)	still taking steps in week 4
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reached their bigger goal	changed course (and said why)	asked for another room
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KINDS OF BIGGER GOALS (COUNTS)

Paid work, clients, income

Make or launch something

Serve or organize others

A decision or a change of direction

Other

Counts only. Names, steps and daily lines are never shared without written permission. 90-day follow-up delivered separately.