Size Your Promise

A promise survives when it is sized for your worst day, not your best one.
Write the big version first. Then shrink it until it cannot fail.

1. The big version

What I would like to do:

_____

_____

2. Halve it

Half of that:

_____

_____

3. Halve it again

Half again:

_____

_____

4. The worst-day version

The version I could keep with a cold, a deadline and no sleep:

_____

_____

5. Fix it to something that already happens

After I _____ (brush my teeth, pour tea, shut the laptop), I will _____.

Witness (a person or a wall calendar): _____

Sources: Yoga Sutras 1.14; Bhagavad Gita 2.47. An original Seasonal Friend page.