Honey & Chi

YOUR 72-HOUR ACTION CARD

One small step. Three days. No perfection required.

From the Beyond Playing Small Workbook by Vesta Walker, LCSW

You do not need a complete plan to begin. You need one clear, realistic step. This card helps you choose it, protect it, and complete it.

1. NAME THE MOVE

The professional step I have been postponing, avoiding, or making smaller than I intended is:

_____

_____

2. SHRINK IT TO A FIRST STEP

The smallest version of this step that still creates movement is:

_____

Examples: send one email, block 20 minutes to outline the idea, ask one person a question, write the first paragraph.

3. SET IT IN TIME

Within the next 72 hours, I will: _____

I will do this on (day/time): _____

It will take about:

☐ 10 min ☐ 20 min ☐ 30 min ☐ Other

4. PAUSE, NOTICE, CHOOSE

If discomfort shows up, the thought I may have: _____

Then I will choose:

☐ Take a few breaths, then begin
☐ Get more information
☐ Ask for help or perspective
☐ Make the step even smaller
☐ Adjust the timeline (not cancel it)
☐ Other

5. SUPPORT AND EVIDENCE

Someone or something that can support me: _____

When I finish, here is what I did: _____

_____

☐ Done. I showed up for myself.

Progress counts, even when it is imperfect.

Ready for the full process? Beyond Playing *Small*: The Professional Alignment Blueprint. 7 days. 10 minutes a day. honeyandchi.com

This card is educational and is not a substitute for therapy or professional mental health care.

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