

MICRO-CELEBRATION CHECKLIST

(For those days when «bare minimum» is Olympic-level)

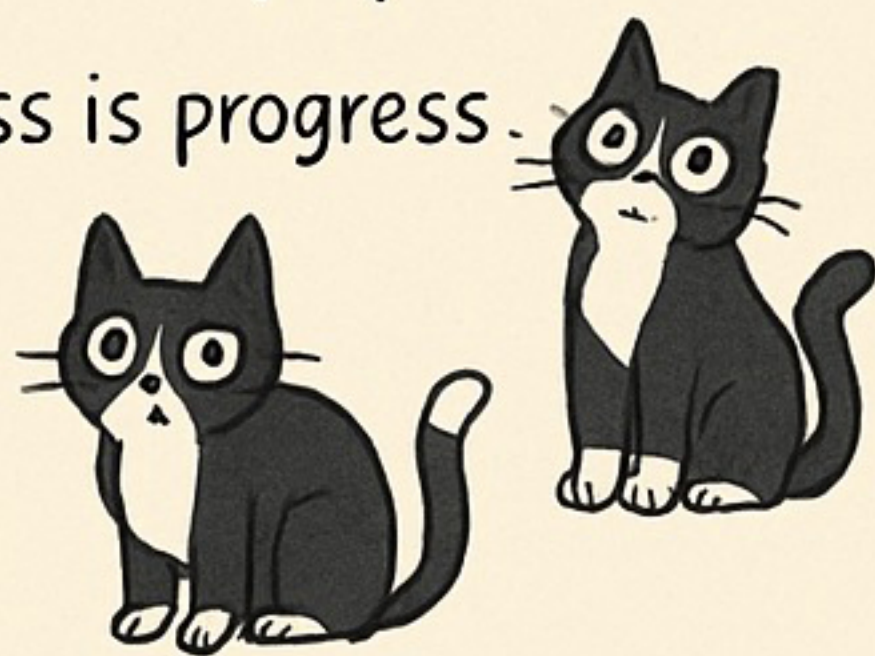
Circle, check, or scrawl wildly - progress is progress.

☐ Did you put on pants today?

☐ Yes

☐ No

☐ Close Enough (we're counting if
if there was effort)

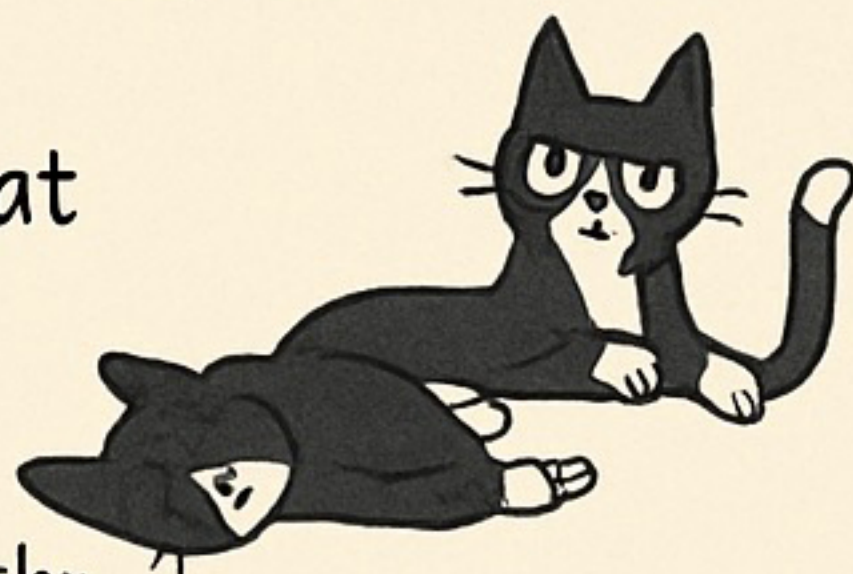


☐ Did you have a thought today that
wasn't a self-roast?

☐ Yes! Look at you go!

☐ Sorta? I thought «maybe I'm not trash»

☐ No, but Syntax gave me a dirty look
and I'm reconsidering.



☐ Did you move one on(1) message without
dread?

☐ Email

☐ Text

☐ Eye contact with a living human.

☐ Nope. But I thought about replying,
and that's basically an RSVP.



☆ Bonus Round: Did you say «no» to something
and not immediately spiral?

☐ Yes, I'm the boundary boss now

☐ I said no and then said sorry, but it's a start

☐ I gasted. It's chootic neutral.



Total Score: 0-2: You're still in the game.

0-2: 3-5: You're quietly crushing it

3-5: 6+: Please accept this imaginary



Did you nap in
a sunbeam?