



New Year Narratives

Draft-to-Doable Worksheet

Bonus Resource

1) The Draft (Name the Narrative)

Write the story your mind is handing you right now—exactly as it sounds.

"The story I'm telling right now is..."

2) Widen the Frame (Add One More True Thing)

Choose one stem and complete it:

Another true thing is...

A more complete story might be...

What I don't know yet is...

3) The Revised Story (One Hopeful Sentence)

Write the version you want to carry into today—honest, workable, and forward-looking.

“A better story to lead from today is...”

4) Make It Doable (One Small Action)

Pick one action you can take today that helps momentum return.

“So today, I’m going to...”

Time I’ll do it:

5) Momentum Builders (Choose One Each)

One routine I'll strengthen this week (entry, transitions, materials, attention, closure):

One connection move I'll use today (greeting, quick check-in, noticing, encouragement):

One support I'll lean on (person/resource/plan I won't carry alone):

6) Identity Anchor (Choose or Write Your Own)

This week, I'm leading from: (check one)

- ☐ We are a class that practices coming back.
- ☐ I lead with steadiness, not speed.
- ☐ We can do hard things in kind ways.
- ☐ Progress counts—even when it's small.
- ☐ We're building momentum, one routine at a time.
- ☐ My own anchor:

7) End-of-Day Proof (Look for Momentum)

January hope grows when we notice evidence. Complete one sentence:

"Today, momentum showed up when..."

Tomorrow, I'll keep it going by...
