

Messy Moves Tracker

A NOT SO PERFECT PLANNER FOR PEOPLE WHO
ACTUALLY WANT TO MAKE PROGRESS

DATE

MOOD



TODAY'S MESSY MOVE

What small (slightly wobbly) step will you take today?



CRINGE LEVEL

Scale of 1 - 5

☐☐☐☐☐

No problem ————— Yikes!



MAGIC NOTICED

Unexpected results/ insights



MOMENTUM METER

☐

Still
Stuck

☐

Got a
flicker

☐

Feeling
momentum

☐

Pumped



OOPS LEARNED

What didn't go to plan but you intel?



CONFIDENCE DEPOSIT

☐

Deposited in your career
confidence bank



NEXT TINY MOVE