









The 66-Day Kaizen Change Calendar (Example)






- What's the Micro-problem?
- What's the tiniest action/**change** you can make/do?
- How are you going to celebrate?

Fear of being judged if I spend time on myself.

Create five minutes each day for self-care.

Drink hot chocolate! Thank myself. Walk. Buy a new book on day 66!

Day 1 Shakti Mat 	Day 2 Gentle stretches 	Day 3 Meditate 	Day 4 	Day 5 Mindful colouring 	Day 6 	Day 7 Yoga 	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31	32	33	34	35	
36	37	38	39	40	41	42	
43	44	45	46	47	48	49	
50	51	52	53	54	55	56	
57	58	59	60	61	62	63	
64	65	66! 					

Calendar Key:  Doing it,  Challenging day,  I forgot!  Celebrating!  Nailed it!