

Pick ONE Thing

Real change is one small habit, repeated. Choose your one — and put it where you'll see it.

NEED AN IDEA? CIRCLE ONE.

- ☐ Read a menu or recipe aloud together
- ☐ Let them handle the tip or the change
- ☐ Write one postcard to a relative
- ☐ Ask "what surprised you?" about a story
- ☐ Play one 10-minute math game
- ☐ Plan one library or museum trip

MY ONE THING THIS WEEK

CHECK OFF EACH DAY YOU DO IT

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One thing that felt easy:

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One thing I'll try next week:

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Small and consistent beats big and occasional. **One habit, seven days, repeat all summer.**