Muscle of the Week

Once your three are underway: one muscle a week for ten weeks. Hang the week's sentence on the fridge.

			DONE
01	**Responsibility** owning your choices	"Stop at the first period."	☐
02	**Self-Discipline** steering yourself, even when no one is watching	"Put it in the drawer."	☐
03	**Perseverance** keeping going, even when it's boring	"You're in the dip now. That's completely normal. And there's only one way out: through."	☐
04	**Courage** doing the right thing, even when it costs you	"I can see you're nervous, and I know you can do it."	☐
05	**Integrity** being the same person, no matter who's watching	"Thank you for telling me yourself. That takes something."	☐
06	**Empathy** feeling others without losing yourself	"What do you think he felt?"	☐
07	**Curiosity** wanting to understand before you judge	"I don't know. What do you think?"	☐
08	**Gratitude** seeing everything that's already good	"What was good today?"	☐
09	**Humor and Lightness** laughing in the middle of the hard stuff	"That was hard. AND in three years we'll laugh about it."	☐
10	**Hope and Optimism** believing it pays to keep going	"Is this forever, or is it for now?"	☐

The muscle's line is from chapter 1. The sentence is the chapter's "Say It Like This."