



# SPLAT IMPACT MAP

Label each column at the top with an area of your life you want to keep a routine in. Examples are: exercise, dog walking, school projects, house cleaning, work, self-care.

Write in what you will do in that category depending on what vehicle you're at.

Start with the pickup truck and tractor trailer level and write in that row what you definitely want to get done. Then fill in the moped, Eurocar, sedan level with what you'll do if you can go the extra mile. Fill in the freight train and asteroid block with just what absolutely needs to be done to prevent the world from coming to an end.

Make sure your expectations are quantifiable. For example, don't write "short dog walk" and

"long dog walk." Write "15-minute dog walk" or "walk 4 blocks."

Each day, assess how you feel and do what you have written in that row. Stick with this contract, and you can't fail. No excuses when you're feeling well, and no guilt when you're not. Just remember, no cheating! Be honest with yourself about where you're at and keep your commitment to yourself.

Get more great tips at [SPLATTHEBOOK.COM](http://SPLATTHEBOOK.COM).

<p>moped</p> <p>Eurocar</p> <p>sedan</p>					
<p>pickup truck</p> <p>tractor trailer</p>					
<p>freight train</p> <p>asteroid</p>					