



2 WEEKS TO TRACTION

Reset Your Focus + Rewire Your Mind

BY UNORDINARY

Week 1: Awareness & Alignment

Day 1: Digital Detox Lite

Set a 30-minute block of your day with zero phone, computer, or TV. Just you, a journal, and your thoughts.

Reflection space:

Day 2: Identify the Loops

Write down 3 recurring thoughts that keep you stuck. Counter each one with an empowering alternative.

Thought 1:

Counter:

Thought 2:

Counter:

Thought 3:

Counter:

Day 3: Practice Completion

Pick a task you've procrastinated on and complete it today. No perfectionism—just done.

Task:

Notes:

Day 4: Visualize Your "Traction Life"

What does your life look like when you're living with momentum? Write down 3 specific changes.

1.

2.

3.

Day 5: Call Out Your Distractions

List your top 3 time-wasters and plan how you'll reduce or eliminate them this week.

- | | |
|----------|--------------------|
| 1. <hr/> | <i>Plan:</i> <hr/> |
| 2. <hr/> | <i>Plan:</i> <hr/> |
| 3. <hr/> | <i>Plan:</i> <hr/> |

Day 6: 10-Minute Momentum

Choose one project and work on it for 10 uninterrupted minutes. Celebrate the win.

Project:

Notes:

Day 7: Reflect & Reset

What did I learn about myself this week? What surprised me?

Learned:

Surprised:

Week 2: Intention & Integration

Day 8: Create a Morning Trigger

Choose one positive habit (e.g., stretching, affirmations) and anchor it to your morning routine.

Habit: _____

Morning Routine Integration: _____

Day 9: The Niggle Check-In

What task or dream have I been avoiding? Why? Write a paragraph about it.

Task/Dream: _____

Why:

Day 10: Small Wins = Big Shifts

Do something today that your future self will thank you for—even if it's just sending that email.

Action: _____

Notes:

Day 11: Voice Note a Pep Talk

Record a voice memo hyping yourself up. Play it back anytime you're in doubt.

Key Message: _____

Notes:

Day 12: Set a Soul Goal

Define one goal that aligns with your deeper desires—not external expectations.

Goal: _____

Why this goal matters:

Day 13: Gratitude with Teeth

Write 5 things you're grateful for—but go deep. Explain the “why” behind each one.

1. _____ *Why:* _____

2. _____ *Why:* _____

3. _____ *Why:* _____

4. _____ *Why:* _____

5. _____ *Why:* _____

Day 14: Your Completion Moment

Finish something you started in Week 1. Reflect: How does it feel to be someone who follows through?

Completed Task: _____

Reflection:

“Don't die with your leaf still in you.”

— Inspired by Leaf by Niggle, J.R.R. Tolkien