

KAEVO / YOUR START / 7 DAYS

YOUR FIRST PROMISE.

One small step. An everyday moment to link it to.
Seven days to make it your own.

This is a little space for you. Choose something that matters in your day and practise making room for it, even when time is short.

YOUR GOAL: ONE CLEAR PROMISE THAT FITS YOUR LIFE.

HOW TO USE THESE PAGES

01 CHOOSE

Choose one small step you genuinely want to take.

02 PREPARE

Decide when to do it and plan a smaller version.

03 REFLECT

Try it for seven days, then choose how to continue.

Print these pages or fill them in using a PDF reader that supports forms. Download the file, save it under a new name and check that your answers have been saved. If your browser does not let you type, open it in a PDF reader.

KAEVO / 01 / CHOOSE

ONE STEP THAT MATTERS TO YOU.

Start with something you need: movement, reading, a tidier space or time to think. Choose just one promise for this week.

WHAT WOULD I LIKE MORE OF IN MY DAYS?

WHAT SMALL STEP COULD I START WITH?

WHY DOES THIS STEP MATTER TO ME?

A COMPLETE EXAMPLE

What I want: more time to read.

My promise: after my morning coffee, I will read two pages on the sofa.

Getting ready: I leave my book on the table the night before.

On a difficult day: I read just one paragraph.

Choose a promise small enough to try in your everyday life.

KAEVO / 02 / PREPARE

MAKE ROOM FOR YOUR PROMISE.

Link your step to something you already do. A familiar moment gives you a clear cue to begin.

AFTER WHICH EVERYDAY MOMENT?

Examples: after coffee, after work, after brushing my teeth.

WHAT EXACTLY WILL I DO?

Choose a clear action: read two pages or walk for ten minutes.

WHERE WILL I DO IT?

WHAT CAN I GET READY TO MAKE STARTING EASIER?

An open book. Shoes by the door. A notebook on your desk.

KAEVO / 03 / PROTECT

EVEN ON YOUR BUSIEST DAYS.

Plan a smaller version of your step. Make it clear and manageable, even when you have less time or energy.

CHOSEN STEP**SMALLER VERSION**

A 10-minute walk

→

A 2-minute walk

Two pages to read

→

One paragraph

Five minutes of writing

→

One sentence

WHAT MIGHT MAKE MY STEP DIFFICULT?**WHAT IS MY SMALLER VERSION?**

A MISSED DAY STILL LEAVES ROOM TO BEGIN AGAIN.

When you can, return at the next suitable moment. Use this week to discover your rhythm. You can adjust your step as you learn.

KAEVO / 04 / REFLECT

SEVEN DAYS. YOUR OWN PACE.

START DATE

Each day, tick your chosen step or your smaller step.
If you miss a day, leave it blank and begin again at the next opportunity.

DAY	CHOSEN STEP	SMALLER STEP
01	☐	☐
02	☐	☐
03	☐	☐
04	☐	☐
05	☐	☐
06	☐	☐
07	☐	☐

WHAT FELT GOOD? WHAT HELPED ME?

WHAT WILL I KEEP OR ADJUST NEXT WEEK?

KAEVO / 05 / TAKE IT WITH YOU

TAKE YOUR PROMISE WITH YOU.

Write down your choice after this week. Keep this page on your phone or print it and put it somewhere you will see it.

MY PROMISE CARD

AFTER...

I WILL...

ON BUSY DAYS, MY SMALLER STEP IS...

YOUR NEXT STEP

Explore **RESET** for a fresh start, **21 - ONE** to build a habit, or **60 DAYS** to keep your promise going. **Riparti in 5 minuti** offers audio and practical cards in Italian. Check the language of each edition.

EXPLORE KAEVO JOURNEYS

kaevojourney.com/en/journeys/



Keep the promise you made to yourself.