

Working Sheet 3: The Move

This side is yours. Nobody reads it and nobody grades it. The move doesn't happen tonight — it happens between tonight and Thursday. Tonight you decide exactly what it is, and exactly what you'll say.

PART ONE

Does It Count?

You already wrote the move on Sheet 2. Now find out whether it's real.

MY SEVEN-DAY LINE, COPIED FROM WORKING SHEET 2

A move counts when it is no longer yours to take back

- ✗ It never left your hands. The email you wrote and didn't send. The call you scheduled and didn't make.
- ✗ Nobody else was in it. Research, planning, setting things up — real work you can do entirely alone.
- ✓ Small counts. Enrolling counts. Submitting counts. A voicemail counts — I left six of them.

IF IT'S STILL IN MY HANDS — THE VERSION THAT ISN'T

PART TWO

The Words

Not who you'll contact. What you'll actually say.

WHO I'M SAYING IT TO

MY FIRST SENTENCE — write it the way you'd say it out loud

WHAT I'M ASKING FOR — one sentence, and something they can say yes or no to

The Commitment

A move with no hour on it is an intention. This page turns it into an appointment. Nothing goes on your Proof Page tonight — Block Three is past tense, and it stays empty until you have done it.

PART THREE

Before Thursday

Four lines. Then close the sheet and go and do it.

WHAT I'M GOING TO DO

WHO IT INVOLVES — THE PERSON WHO COULD SAY YES OR NO

THE DAY AND THE HOUR

WHO I'M TELLING BEFORE I DO IT

Thursday, on My Proof Page — Block Three

- What I did • On (date) • Who knows I did it • Next move by
- Past tense only. If it hasn't happened, the block stays empty.

PART FOUR • BEFORE YOU MAKE IT

What I Can't Settle On My Own

Answer these before you make the move, not after. Bring the sheet Thursday.

THE PART OF MY SENTENCE I'M LEAST SURE ABOUT

WHAT I'LL DO IF THE ANSWER IS NO

WHAT WOULD HAVE TO HAPPEN FOR ME NOT TO MAKE THIS BY THURSDAY

DON'T SEND IT — BRING IT

Thursday, 8:00 PM • Momentum Meetup

The only thing that gets emailed is a Breakthrough Chair form. Everything else we work in the room.