15-MINUTE MUST / SHOULD / COULD PLAN

Keep it simple and fast

Love that for you. Keep it simple and fast: send [ ] / [ ] **template** they can copy/paste today, plus a quick prompt so they actually use it.

FAST PLAN. BIG IMPACT. YOU GOT THIS.

EDIT THE NAME IF YOU WANT!

15 MINUTE TIMER

DM TO SEND

"Hey love — here's the PLAN template I promised. Take 2 minutes to fill it in, then set a 15-minute timer and start with your MUST.

PLAN (15 MINUTES) — MUST / SHOULD / COULD

1. **MUST** (1–2 non-negotiables):
   -
   -
2. **SHOULD** (important, not urgent):
   -
   -
3. **COULD** (nice-to-do if energy allows):
   -
   -

YOUR 15-MINUTE MOVE:

Pick one MUST and write the first tiny step (something you can do in 2–5 minutes)

What's your MUST today? Reply with it and I'll help you shrink it into a first step."

KEEP IT SIMPLE. KEEP IT FAST.

Start your 15 minutes now.

ONE STEP TODAY, BIG SHIFT TOMORROW.