



starting *dogdah* **CHECKLIST**

FOR THE FIRST CLASS

- SIGN UP AND COMMIT TO A CLASS TIME
- LAY OUT CLOTHES THE NIGHT BEFORE
- DECIDE MY ONLY GOAL IS TO SHOW UP
- READ MANTRAS BEFORE HEADING TO CLASS
- TELL MY PARTNER OR OTHER SUPPORTIVE PERSON MY INTENT TO ATTEND

FIRST MONTH GOALS

- _____
- _____
- _____
- _____
- _____

MANTRAS TO REPEAT

WHAT I NEED TO START

- WATER, SNEAKERS, A WAY TO GET TO CLASS
- GRACE FOR MY BODY
-
-
-

THINGS I'M LEARNING

- _____
- _____
- _____
- _____
- _____

PLAN TO SHOW UP AGAIN

HOW TO USE THIS CHECKLIST

THIS CHECKLIST ISN'T ABOUT DOING EVERYTHING PERFECTLY — IT'S ABOUT HELPING YOU TAKE ONE BRAVE STEP FORWARD.

USE IT THE NIGHT BEFORE YOUR FIRST WORKOUT TO QUIET THE NERVES, SET REALISTIC EXPECTATIONS, AND REMIND YOURSELF THAT SHOWING UP IS ALREADY A WIN.

AFTER CLASS COME BACK TO IT TO WRITE YOUR WINS AND SET GOALS FOR YOUR FIRST MONTH.

KEEP IT ON YOUR PHONE, OR PRINT IT AND PLACE IT SOMEWHERE YOU'LL SEE IT OFTEN.

COME BACK TO IT ANYTIME YOU NEED ENCOURAGEMENT.

STARTING AGAIN DOESN'T REQUIRE CONFIDENCE — JUST WILLINGNESS. LET THIS CHECKLIST BE YOUR GENTLE NUDGE WHEN YOU NEED IT MOST.

