

Part 6: Your Micro-Movement Plan

Time: 15 minutes

Purpose: Create unstoppable momentum through tiny actions

Critical coaching moves:

- Keep making it smaller until they laugh
- "What could you do in literally 2 minutes?"
- "What would half of that look like?"

Pre-Freeze Protocol is essential:

- Role-play the freeze moment
- Practice their response
- Make it specific and memorable

Success metric: They should leave with something so small they can't NOT do it

COACH NOTES: