



GoToGrowthTherapy

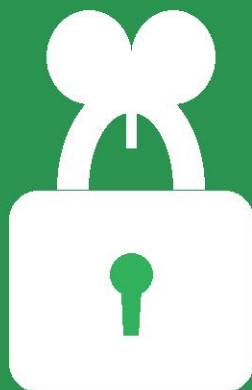
YOUR GROWTH BEGINS HERE

A FREE GUIDE

THE GREAT LOCK-IN

17 weeks. One focus. Your reset.

September 1st → December 31st



A free guide from GoToGrowthTherapy

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THE IDEA

In 60 seconds

A habit takes about 66 days to build — on average.

You have 121.

That's not a to-do list. That's a rebuild.

The small print: 66 days is an average — in the real study, habits took anywhere from 18 to 254 days. You're allowed to be different. What holds: small + repeated beats big + rare.



STEP 1

Choose your **ONE** focus

One focus. Not five.

Sleep

Movement

Journaling

One fear

One skill

Boundaries

Screen time

Morning routine

Quick checks:

- 1** Changes your everyday life by Dec 31?
- 2** It's yours — not what you 'should' want
- 3** You can say it in one sentence

My one focus:



STEP 2

Make it small

The worst-day test: if it only works on your best day, it isn't the plan.

BIG IDEA

SMALLEST VERSION

Get fit

A 10-minute walk after lunch

Journal daily

Three sentences before bed

Fix my sleep

Phone out of the room at 10pm

Learn a language

One 5-minute lesson with coffee

Set boundaries

One honest “no” per week

Missed it twice? Shrink it. Small isn't cheating — small is the strategy.



YOUR TOOL

The 17-week tracker

Tick or colour one box each day you keep your promise.

Not a daily goal? Tick the days you do it, and dot your planned rest days — rest is part of the plan too.

WEEK	M	T	W	T	F	S	S
W01	☒	☐	☐	☐	☐	☐	☐
W02	☐	☐	☐	☐	☐	☐	☐
W03	☐	☐	☐	☐	☐	☐	☐
W04	☐	☐	☐	☐	☐	☐	☐
W05	☐	☐	☐	☐	☐	☐	☐
W06	☐	☐	☐	☐	☐	☐	☐
W07	☐	☐	☐	☐	☐	☐	☐
W08	☐	☐	☐	☐	☐	☐	☐
W09	☐	☐	☐	☐	☐	☐	☐
W10	☐	☐	☐	☐	☐	☐	☐
W11	☐	☐	☐	☐	☐	☐	☐
W12	☐	☐	☐	☐	☐	☐	☐
W13	☐	☐	☐	☐	☐	☐	☐
W14	☐	☐	☐	☐	☐	☐	☐
W15	☐	☐	☐	☐	☐	☐	☐
W16	☐	☐	☐	☐	☐	☐	☐
W17	☐	☐	☐	☐	☐	☐	☐

Stuck? The smallest version still fills a box.



THE RULE

Never miss twice

Missing once is life.

Missing twice is a habit.

The slip-up rescue:

- 1 Name it kindly: “I missed yesterday.”
- 2 No penance — never double up today
- 3 Do the smallest version today
- 4 Never miss twice

Kindness note: you build habits by coming back — not by being hard on yourself.



THE REAL GOAL

Rebuild your self-trust

Every kept promise is a deposit. Once a week, ask:

- 1 Where did I keep my promise this week?
- 2 When did I miss — and how did I respond?
- 3 What made it easy? Do more of that.
- 4 What made it hard? Shrink it or remove it.
- 5 What am I proud of?

The real goal: becoming someone you can count on.

Notes:



AND THEN?

Keep going — gently

You don't have to do this alone. All free:

Take a free quiz

Five minutes — understand what's really going on.

[gotogrowththerapy.com/quiz-hub-2](https://www.gotogrowththerapy.com/quiz-hub-2)

Free practices

Breathing, grounding, journaling and more.

www.gotogrowththerapy.com

A free 20-minute chat with me

No pressure, no commitment — ever.

www.gotogrowththerapy.com/freeconsultation

Whatever you lock in — lock it in kindly.

