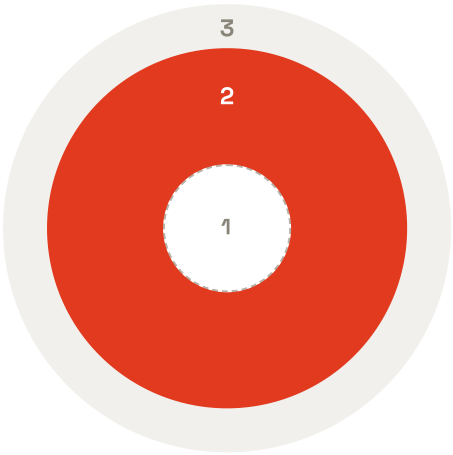
THE DOUGHNUT CHECK-IN · ONE PAGE

Where are you standing?

Before you add one more habit, find the zone you're actually in today.



MARK AN × WHERE YOU ARE TODAY

1 **Below the floor** — the hole
Basics aren't covered — sleep, stability, support. Restore one first.

2 **The sweet spot** — the dough
Foundation solid, room to grow. New habits actually stick here.

3 **Above the ceiling** — off the edge
Carrying too much — every good thing adds weight. Set one down.

ANSWER HONESTLY — ABOUT THIS WEEK

Do I have what I need?
Not what I want — what I need to stand on.
☐ Yes ☐ No

Am I carrying too much?
Busy is fine. Is the weight pulling things apart?
☐ Yes ☐ No

Can I grow from here?
This week, with the foundation I actually have.
☐ Yes ☐ No

Below the floor → restore a basic. **Sweet spot** → grow. **Above the ceiling** → set one thing down.

MY ONE NEXT STEP

WANT THE FULL MAP?

The Doughnut Effect

This sheet is one page of it. The book shows you how to move between the zones — and stay in the one that fits.

ON AMAZON

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NOT MORE. NOT LESS. JUST RIGHT.