DAY 1 · MONDAY · START

Outcome-Anchoring

Start: set your anchor, then make your first picture.



TODAY'S BRIDGE: ROPE & PLANKS

My code _____ **My subject** _____

BEFORE

My one quick line (don't fix it, just run it):

_____

Save the picture as code-BEFORE. You'll see it again Friday.

MY ANCHOR · STAYS THE SAME ALL WEEK

I'll know this worked if _____

My first BAM prompt: one line for each pillar

1 Outcome I'll know it worked if (copy your anchor) _____

2 Expert Act as a _____

3 Steps First, _____ then, _____

4 Check Check that _____

PICTURE 1

Save it as code-1.

One thing I like: _____

One thing that's off: _____

Better, same, or worse? ☐ Better ☐ Same ☐ Worse

Penny's check

- ☐ A stranger could tell if my picture worked.
- ☐ I said what it shows, not just its topic.
- ☐ I saved BEFORE and Picture 1.

