

21-Minute Design Sprint Worksheet

Shift from Default Mode to Design Mode

Use this sheet daily to move your brain from autopilot to intentional habit design.

Minute 0-5: Awareness Scan – note a recurring thought or behavior from the last 24 h.

Minute 5-15: Future Visualization – describe the vivid future scene where the opposite behavior is normal.

Minute 15-21: Micro-Action – choose a 2-minute proof you will do today.

End of day: jot a quick reflection on how the micro-action felt.

Date	0-5 min Awareness Scan (key thought/behavior)	5-15 min Visualization (sensory details)	15-21 min Micro-Action Plan	End-of-Day Reflection

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Tagline: Your Path to Empowerment