



APPENDIX 2: DAY-OFF COUPONS

Companion material for *The Quirkz Handbook of Self-Improvement for People Who Are Already Pretty Okay*, by Aaron Rath. More copies available at www.quirkz.com/downloads/Handbook1/

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Day 5 - Don't do it! You won't have any left. Always save one for emergencies. Reason for taking off (it better be good):

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Day 4 - Careful, you only have one coupon left between you and the utter failure of your project and the loss of \$1,000 (or whatever). We want to see you succeed!

Reason for taking off: _____

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Day 3 - Hopefully you're keeping pace with the program. Try to save this for after Day 13.

Reason for taking off: _____

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Day 2 - Don't beat yourself up. We give you five coupons for a reason. Come back refreshed tomorrow!

Reason for taking off: _____

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Day 1 - Go right ahead. Everyone deserves a break now and then. This one is guilt-free.

Reason for taking off: _____

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