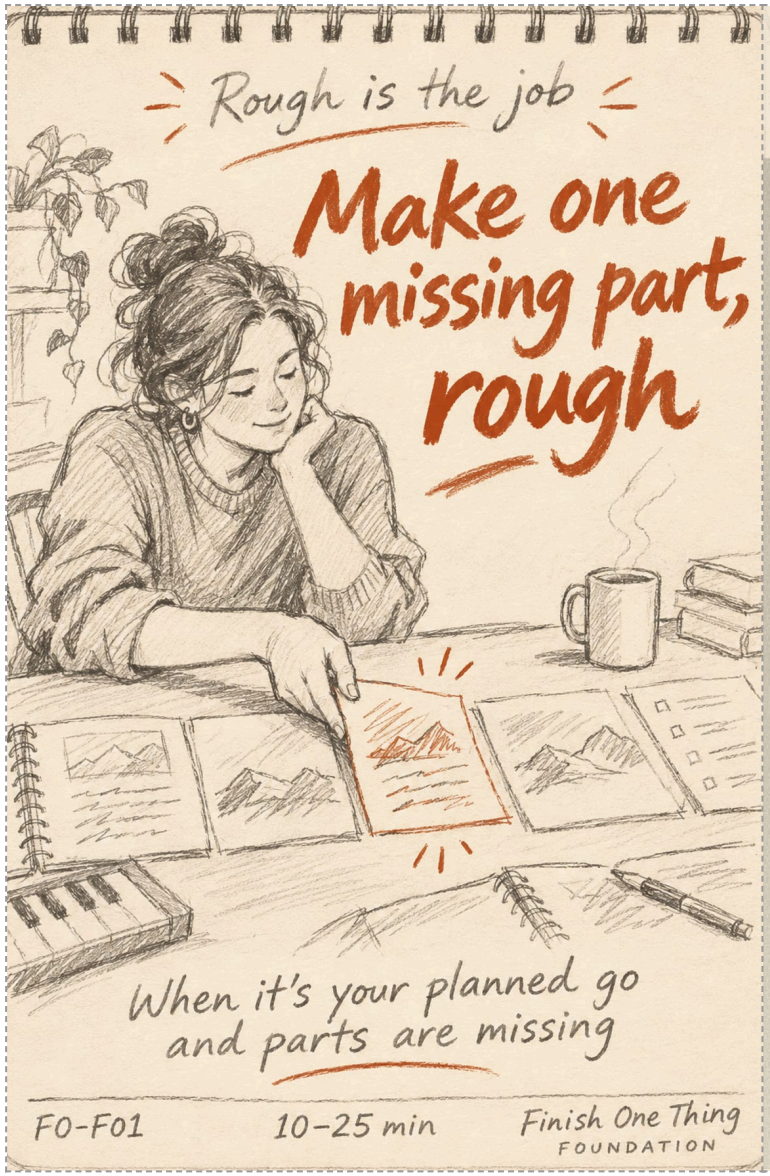



Rough is the job

## Make one new part

**WHEN** *At your planned making time, while the piece still has missing parts*

**COUNTS AS A 1** **A missing part of the piece now exists, rough.**

**DO THIS** Pick one part that doesn't exist yet and make it rough: the next story beat, one area of the drawing, one song section. Rough means it's there start to end, not that it's good. Leave the parts you've made alone.

**ADJUST IT**

**EASIER** Make half a part and split the rest off as its own part.

**HARDER** Move two parts in one go; that's two marks.

**STEPS**

1. Name up to ten parts on the tracker.
2. Rough first: make every part rough before you finish any. If a part takes more than one go, split it. A miss erases nothing.
3. When every half is filled, call it done.

**TINY VERSION** Make the smallest missing part: two lines, one blocked-in shape, the chords of one section.

**IF IT SLIPS** Too big for one go? Split it and make the first half.

**ON THE SHEET** Fill the made half of one part's slot.

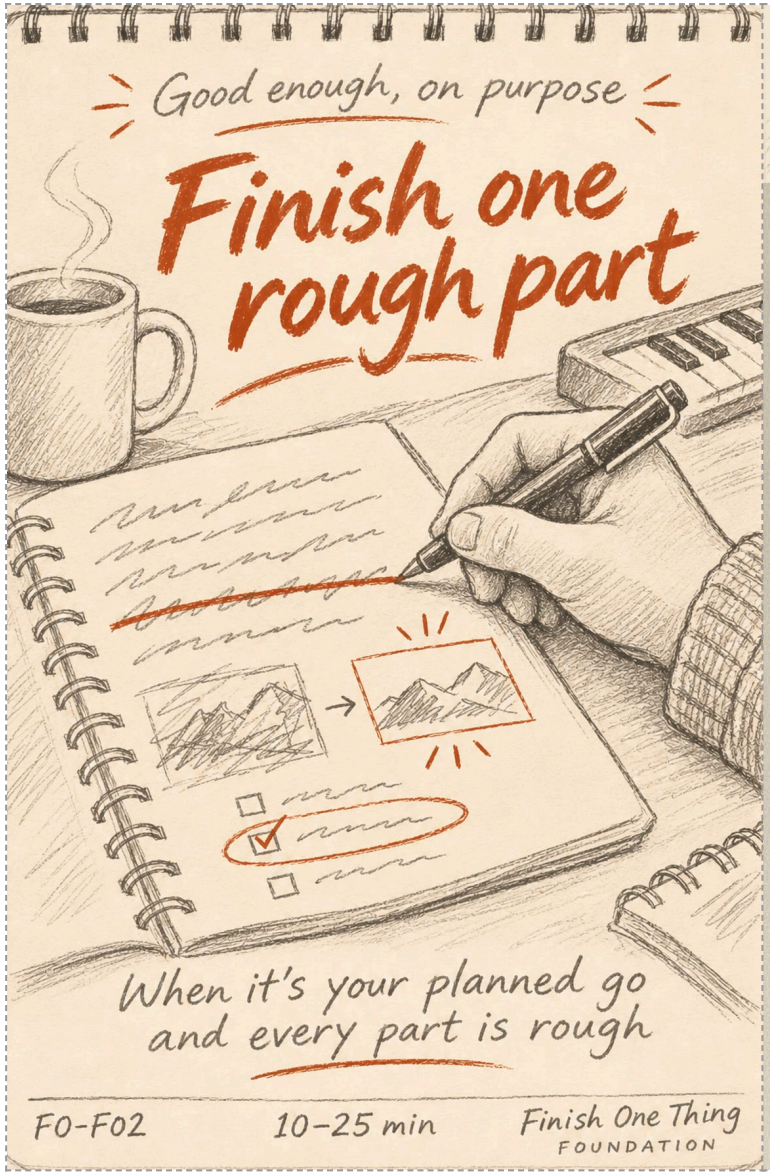
**EVIDENCE C** · practitioner method / adaptation
*Harkin et al. 2016 (progress monitoring); the part tracker is our design*
Multipliers & kit: habitsets.com/fo

FINISH ONE THING ◆ FOUNDATION F0-F01 / 10–25 MIN

Cut around the outside, fold along the middle, glue the halves back to back.

Good enough, on purpose

# Finish one rough part



When it's your planned go and every part is rough

F0-F02 · 10–25 min · Finish One Thing FOUNDATION

Good enough, on purpose

## Finish one part

**WHEN** *At your planned making time, once every part exists in rough*

**COUNTS AS A 1** **A rough part is cut, decided or fixed, and marked finished.**

**DO THIS** Pick one rough part and finish it: cut what doesn't belong, make the choice it's waiting on, fix what's broken. In a story, cut the paragraph that repeats and settle the last line. In a drawing, commit to the light in that area and ink it. In a song, pick one of the two chorus melodies and record it. Cuts and decisions count as much as additions. When the part does its job, fill its finished half and leave it alone.

**ADJUST IT**

**EASIER** Finish one small piece of the part and split off the rest.

**HARDER** Finish two parts in one go; that's two marks.

**TINY VERSION** Make the one decision this part is waiting on and apply it.

**IF IT SLIPS** Still not done after one go? Write the one thing left as its own part, and mark this one finished.

**ON THE SHEET** Fill the finished half of one part's slot.

**BAD DAY** Missed a go? The parts you finished stay finished.

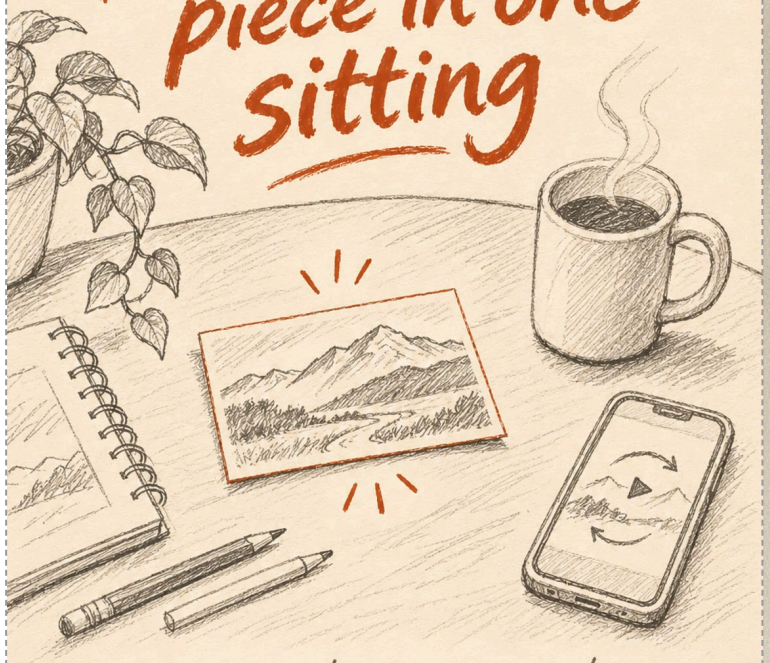
**EVIDENCE C** · practitioner method / adaptation
*HabitSets editorial method (move one part one step)*
Multipliers & kit: habitsets.com/fo

FINISH ONE THING ◆ FOUNDATION F0-F02 / 10–25 MIN

Cut around the outside, fold along the middle, glue the halves back to back.

Small, and actually done

# Finish a small piece in one sitting



When you have a spare hour off your main piece

F0-F03 · 20–60 min · Finish One Thing FOUNDATION

Small, and actually done

## Finish one small piece in one sitting

**WHEN** *you have a free hour that isn't a planned go on your main piece*

**COUNTS AS A 1** **A whole small piece made and called done in one sitting.**

**DO THIS** Pick something you can finish in one sitting: a 100-word story, a one-page sketch, a 30-second loop, one verse and chorus. Make it rough from start to end, then finish it in the same sitting and call it done. Take the idea from your ideas list. It never replaces a planned go on your main piece.

**TINY VERSION** Go smaller: four lines, a thumbnail, an eight-bar idea, finished.

**IF IT SLIPS** Main piece stuck? Give it a Finish one part go first. This card isn't the way out of a hard part.

**ON THE SHEET** Colour one mark on the small-pieces strip per piece finished.

**BAD DAY** A smaller piece, finished, still earns its mark; an unfinished one doesn't.

**EVIDENCE C** · practitioner method / adaptation
*HabitSets editorial method (move one part one step)*
Multipliers & kit: habitsets.com/fo

FINISH ONE THING ◆ FOUNDATION F0-F03 / 20–60 MIN

Cut around the outside, fold along the middle, glue the halves back to back.




Done means it leaves

## Call it done, then share it

**WHEN** *Right after the last part of a piece is finished*

**COUNTS AS A 1** **A finished piece saved as DONE and out of your hands (shared, or dated in the done folder).**

**DO THIS** Save the final version with DONE in its name. Then let it leave your hands: send it to one person, play it for someone, post it, print it. Just for you? Put it in your done folder with the date. Don't reopen it to polish. Put new ideas on the list for the next piece.

**YOUR VERSION**

Finishing this for: ___ (a name, or me) _____

**TINY VERSION** Rename the file or the sketchbook page DONE and date it.

**ON THE SHEET** Write 'DONE' and the date in the tracker's finish box.

**BAD DAY** Renaming and dating counts as done; sharing can follow.

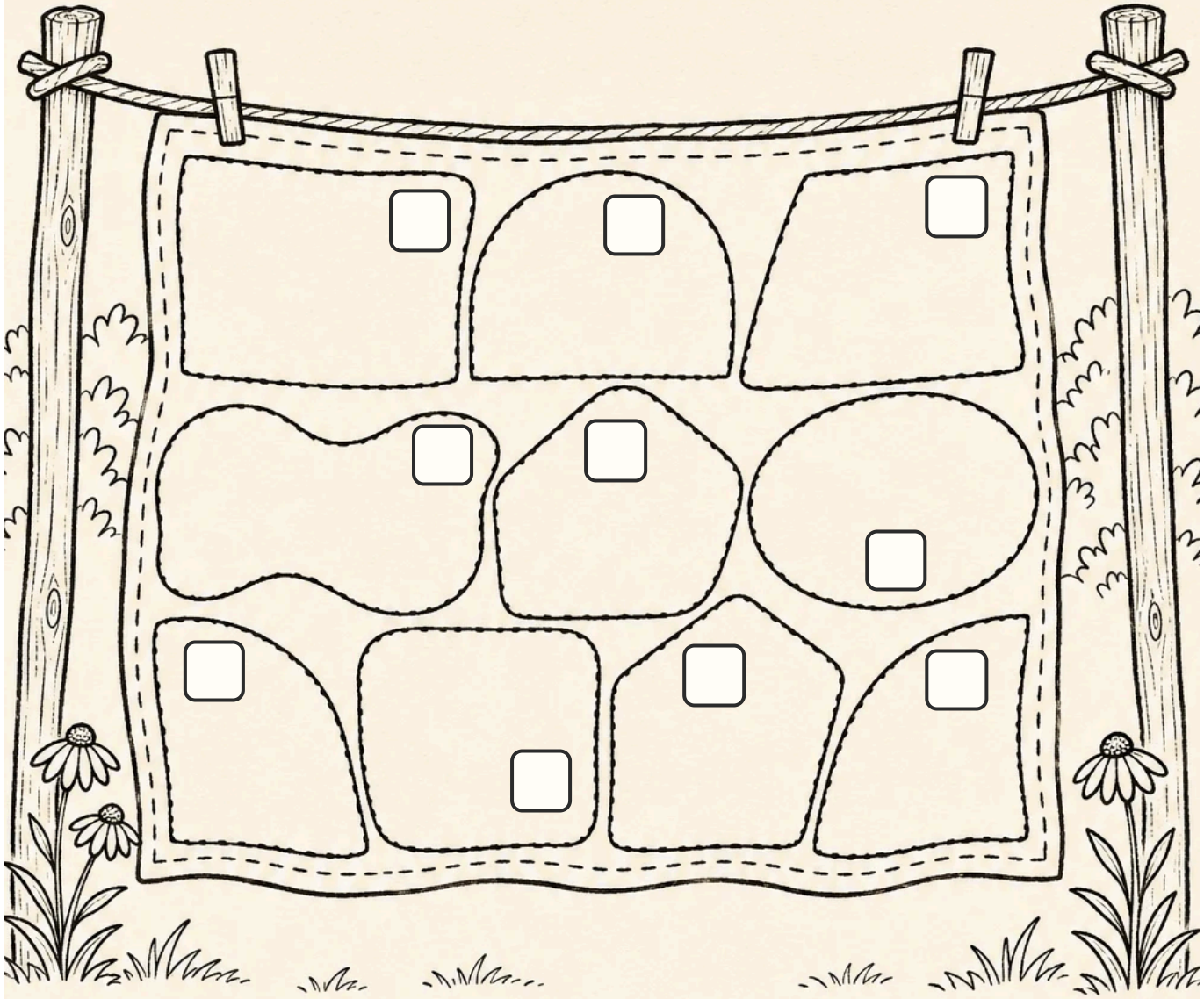
**EVIDENCE C** · practitioner method / adaptation
*HabitSets editorial method (move one part one step)*
Multipliers & kit: habitsets.com/fo

**FINISH ONE THING ◆ FOUNDATION** **F0-F04 / 5 MIN**

Cut around the outside, fold along the middle, glue the halves back to back.

FOUNDATION · YOUR PIECE

# One go. One patch.



Write each part of your piece in a patch.
Part made rough: **/** in its box. Part finished: make it X.

The piece: _____

For: _____

MISSED A GO? EVERY MARK STAYS.

FINISH ONE THING · HABITSETS