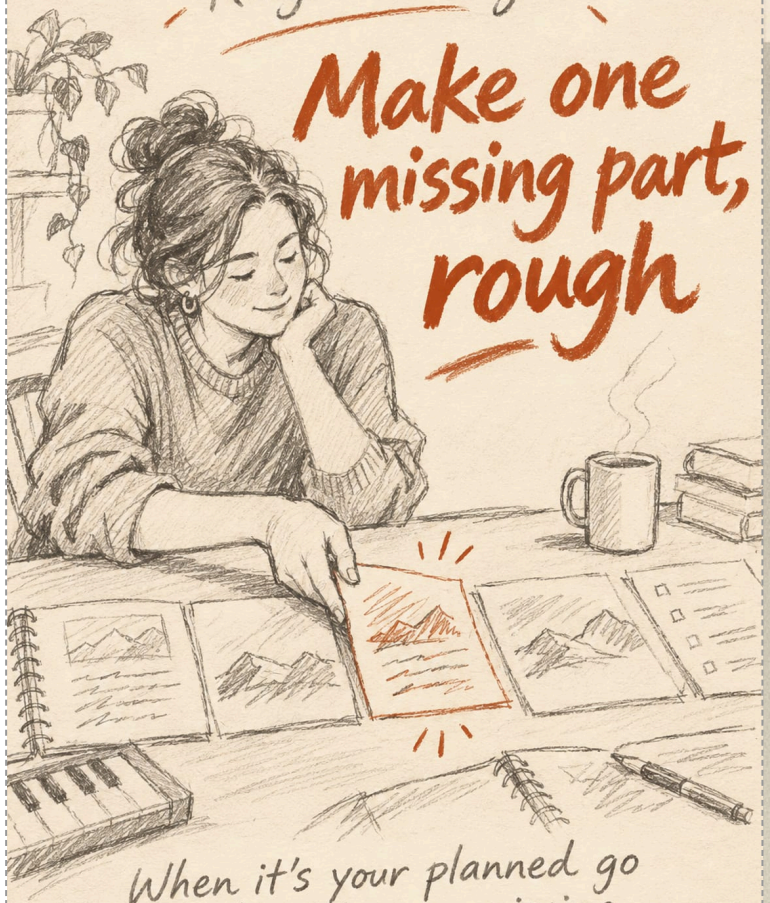
Rough is the job

Make one missing part, rough



When it's your planned go and parts are missing

F0-F01 · 10–25 min · Finish One Thing · FOUNDATION

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 sheet.
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 box is ╳, 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 Put / in that part's box.

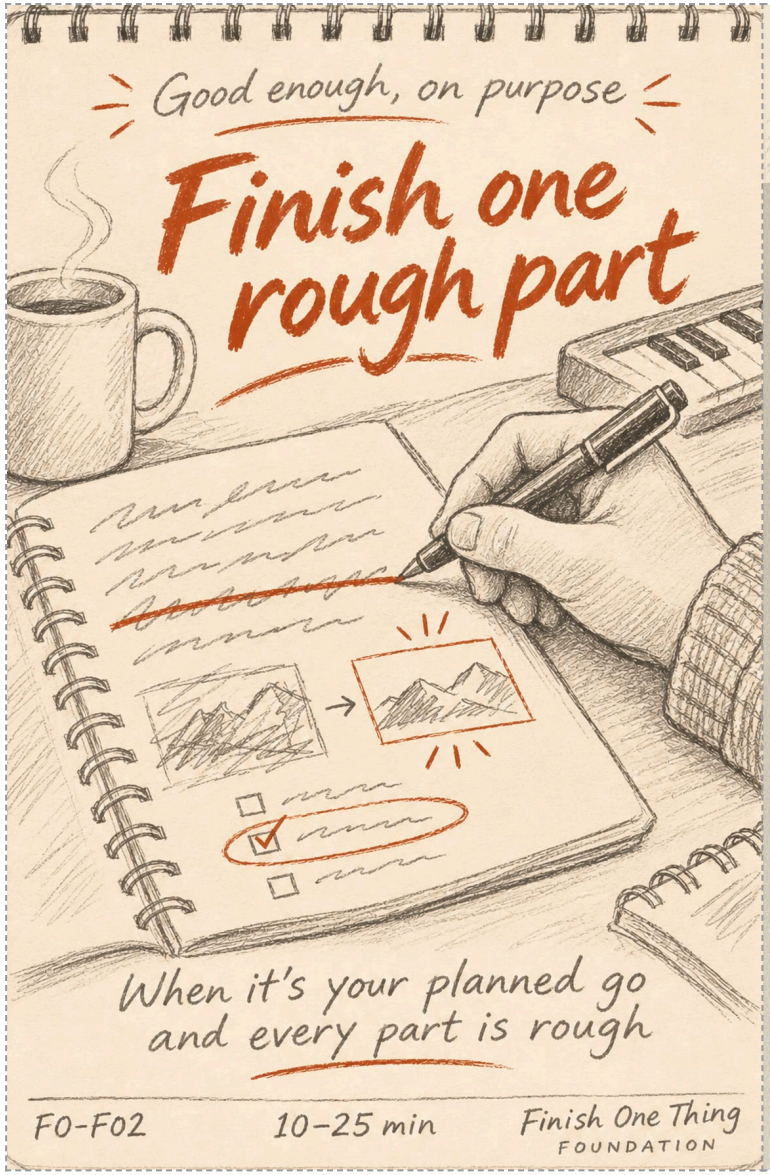
EVIDENCE C · practitioner method / adaptation
Harkin et al. 2016 (progress monitoring); the part sheet is our design
Multipliers & kit: habitsets.com/fo

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 Turn that part's / into ╳.

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

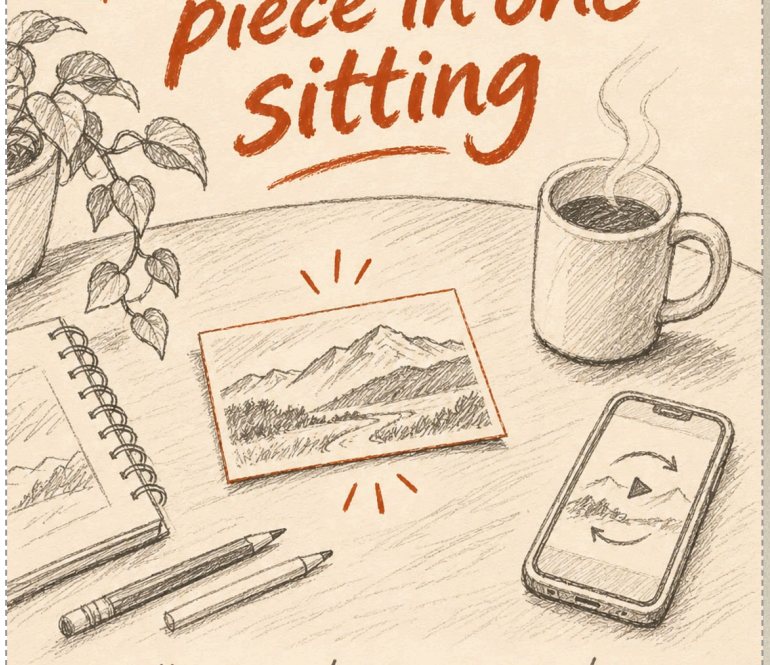
EVIDENCE C · practitioner method / adaptation
HabitSets editorial method (move one part one step)
Multipliers & kit: habitsets.com/fo

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 One line per small piece: ☓ its box when it's done.

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 the last part is finished

F0-F04 · 5 min · Finish One Thing FOUNDATION

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 on the sheet.

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.

Finish one thing

The piece: _____ **For:** _____

Each go, move one part one step: make a missing part rough, or finish a rough part.

ONE BOX PER PART

/ the part exists, rough. ╳ the part is finished. Turn its / into ╳.

1 _____ ☐

2 _____ ☐

3 _____ ☐

4 _____ ☐

5 _____ ☐

6 _____ ☐

7 _____ ☐

8 _____ ☐

9 _____ ☐

10 _____ ☐

\+ _____ ☐

Part too big for one go? Split it onto the + line. Missed a go? Every mark stays. Lots of small pieces instead? One line per piece, ╳ when it's done.

Each part takes two goes: one to make, one to finish. 8 parts is about 16 goes.

Ready for more? Add a habit, a multiplier or a Challenge.
Every box ╳? Write DONE and the date here: _____ Then share it, or date it in your done folder.
habitsets.com/fo

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