

SUNDAY REVIEW JOURNAL

One hour on Sunday saves ten hours of drift during the week. Use this to close the week cleanly and set up the next one with intent.

LAST WEEK'S HONEST SCORECARD

No spin. Just truth. What actually happened?

The biggest thing I moved forward:

Where I fell short and why:

What I'd do differently:

WHAT THIS WEEK NEEDS FROM YOU

Be specific. Vague plans produce vague results.

My #1 priority this week:

The thing I keep avoiding that needs to happen:

Who needs something from me this week:

THE MAN YOU'RE SHOWING UP AS

Identity drives action. Decide who you're being before the week starts.

This week I am committed to being:

The one habit I'm protecting no matter what:

Growth lives on the other side of action.