



# WEEKLY INFORMATION REVIEW

A week of consuming without reviewing is a week of noise you can't account for. Do the review. Set a higher standard.

## MOST USEFUL INTAKE THIS WEEK

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*Think across the full week — every source and every platform.*

The most useful piece of information I took in this week:

Why it was actually useful:

Where it came from:

## THE REALITY CHECK

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*Honest accounting. Most of what we consume changes nothing.*

How much of what I read or watched this week actually changed anything in my life:

My ratio of useful to noise this week:

## NEXT WEEK'S STANDARD

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*One change. Specific enough to actually do.*

One thing I will do differently with my information intake next week:

The source or habit I am cutting or reducing:

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Growth lives on the other side of action.