01 / PLAN

SET THE STANDARD.

One goal. Five daily anchors. A plan you can actually keep.

A / YOUR ONE WEEKLY FOCUS

WEEK OF

Choose one realistic, measurable goal. Not five competing goals.

MY ONE GOAL THIS WEEK

WHY THIS MATTERS TO ME

HOW I WILL KNOW I MADE PROGRESS

ONE CONCRETE STEP THAT MOVES ME TOWARD IT

B / MY FIVE DAILY ANCHORS

Not five extra goals. Pick one doable action in each area. Examples below.

MORNING
Start intentionally

IDEAS: Water / daylight / check your priorities

MOVEMENT
Care for your body

IDEAS: Workout / walk / mobility

FUEL
Nourish yourself

IDEAS: Balanced meal / protein / hydration

MINDSET
Train your mind

IDEAS: Gratitude / read / five slow breaths

EVENING
Prepare for tomorrow

IDEAS: Prep clothes / put phone away / wind down

SMALL PROMISES. REAL EVIDENCE. KEEP THE RECEIPTS.

02 / TRACK

KEEP THE RECEIPTS.

Track the actions you chose. A blank box is information, not failure.

A / SEVEN DAYS OF EVIDENCE

Check a box when you follow through on that action.

YOUR ANCHORS	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING Start the day	☐	☐	☐	☐	☐	☐	☐
MOVEMENT Move intentionally	☐	☐	☐	☐	☐	☐	☐
FUEL Nourish yourself	☐	☐	☐	☐	☐	☐	☐
MINDSET Train the mind	☐	☐	☐	☐	☐	☐	☐
EVENING Prepare for tomorrow	☐	☐	☐	☐	☐	☐	☐
GOAL STEP Progress toward focus	☐	☐	☐	☐	☐	☐	☐

HOW TO USE THIS PAGE

Use your five anchors from page 1. The final row is your concrete goal step.
Not every action needs to happen daily. Rest days and changed plans count as real life.

CONSISTENCY IS A PRACTICE, NOT A PERFECT STREAK.

03 / REFLECT

THE WEEKLY RESET.

Review the evidence. Keep what works. Adjust what does not.

A / HOW DID MY ONE GOAL GO?

Choose the answer that best reflects your week.

- ○ MET MY GOAL
- ○ MADE PROGRESS
- ○ READY TO ADJUST

01 WHAT AM I PROUD OF?

Small wins count. Where did I show up?

02 WHAT HELPED OR GOT IN MY WAY?

Notice the pattern without judging yourself.

03 WHAT WILL I ADJUST NEXT WEEK?

Change the plan, not your worth.

04 WHAT PROMISE AM I CARRYING FORWARD?

Choose one action worth repeating.

YOU HAVE RECEIPTS. NOW USE THEM TO GROW.

The goal is self-awareness and progress - not a score that defines you.