DAY 14 TOOL · REDESIGN YOUR WEEK

NEXT WEEK'S CALENDAR

Build it in order: the non-negotiables first, then the boulders, then recovery. Only then let the optional things in. Move one flexible activity to a better window. Cut or shorten one low-value commitment.

THIS WEEK'S BOULDERS (3 OR 4)

	MON	TUE	WED	THU	FRI	SAT	SUN
Commitments: read + act, move, gratitude							
Sleep window							
People who matter most							
Boulder actions (3)							
Recovery window							
Everything else							