DAY 7 TOOL · STOP, REVIEW, CELEBRATE

WEEK ONE REVIEW

Take an honest count of the week. Not a feeling. A count. Four checks a day for seven days is 28 chances. Then name what to keep, what to change, and one win.

CHECKS COMPLETED THIS WEEK (OF 28)

THE COMMITMENT THAT CARRIED ME

THE COMMITMENT THAT SLIPPED, AND WHY

Look for friction before you look for blame. Is it a placement problem, or a choice you keep dodging?

ONE PRACTICE I AM KEEPING

ONE SOURCE OF FRICTION I AM CHANGING

ONE WIN I AM NAMING OUT LOUD