Roles

Goals

Week's Plan

Don't (yet)

How'd it go?

Stoker

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TOOLS, FUEL & STEERING INSTRUCTIONS
TO MAKE A LIFE YOU BELIEVE IN

How to make a great Week's Plan

1. Pause & Reflect.
- How'd it go? Jot down your reflections about last week.
- Reconnect to what's important by reviewing Roles & Goals.

2. Make a plan.
- Choose 5-7 goals.
- Schedule them in your calendar.
- Say them out loud

3. Do it.
- Prioritize every day with a Day's Plan.

4. Repeat (every week).

Attention Wheel

Month

	Date	Morning	Afternoon	Evening	Do
Mon	Date				
Tue	Date				
Wed	Date				
The	Date				
Fri	Date				
Sat	Date				
Sun	Date				