

A Good Week, Described

Say what a good week would actually look like, in ordinary detail.

WHEN TO USE THIS

Use this when you want things to be different but cannot name how.

Picture a good week. Not a perfect one. What is in it?

Mornings, meals, people, quiet, work.

Name three things from that week that already happen sometimes.

1.

2.

3.

Pick one of those three. How could you get one more of it this week?

How close was last week to the week you described?

0	1	2	3	4	5	6	7	8	9	10
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Nothing like it

Very close

A good week is usually made of things you have had before, in a better order.