

What a Good Week Looks Like

Say what you actually want a week to look like, in ordinary, doable terms.

WHEN TO USE THIS

Use this when you are ready to aim at something instead of getting through.

Describe a good week for you right now. Not a perfect one. A good one.

What you did, who you saw, how you slept.

Four things from that description that could happen this week.

1.

2.

3.

4.

How close was last week to that?

0	1	2	3	4	5	6	7	8	9	10
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Nowhere near

Pretty close

What is the one change that would move the needle most?

Naming what you want is not asking for too much. It is how you know where to aim.