



WEEKLY COMPASS

TWELVE UNDATED WEEKS OF
DIRECTION, ACTION AND REVIEW.

ORIGIN

Choose a week you can live

Plan with the time you have. Choose at most three priorities. Give each a visible action, then decide what can wait. The daily grid is a record, not a score. Missing a day does not cancel your week.

Ten-minute setup: choose a direction, make room, set a minimum version and write the next action. At the end of the week, adjust one thing.

A smaller plan that happened

Direction: make room for movement. Priority: walk three times.

Action: walk after lunch on Monday, Wednesday and Friday.

Minimum version: five minutes. Make room: leave the phone at the desk. Review: Wednesday was crowded; next week I will walk before lunch.

My own version

Choose before you schedule

For each priority, ask: does it matter now, can I influence it, and is there time for a useful version? A priority without room needs a trade-off, not a stronger promise.

One priority I can act on this week

What I will postpone, reduce or ask help with

What would be enough for this attempt?
