Weekly Operating Rhythm (WOR)
Abraham of London • Resources

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Own the week before it owns you. Print this and keep at your desk.

- Friday PM: retro (wins/misses/lessons), set next week's Big 3.
- Sunday PM: calendar triage, block deep work, prep first 90 minutes.
- Daily AM: 10-minute plan; top 1 task; comms triage (20 min).
- Mid-week: risk review, unblock decisions, delegate.
- Close of day: journal 3 lines; next day's first task.

Scorecard (fill weekly)

Metric	Target	Owner	This Week	Notes
Focus hours	10+			
Customer convos	5+			
Deliverables shipped	3+			
Family meal with no screens	≥3			