

weekly operating rhythm

Abraham of London

// pages/print/weekly-operating-rhythm.tsx

```
import * as React from 'react'; import BrandFrame from ".../.../components/print/BrandFrame"; import EmbossedBrandMark from ".../.../components/EmbossedBrandMark"; import { PullLine, Note } from ".../.../components/utis"; // Assuming these components exist
```

```
const WeeklyOperatingRhythm = () => { return ( <BrandFrame title="Weekly Operating Rhythm & Daily Blocks" subtitle="A template for high-leverage allocation of time and focus across the week." pageSize="A4" > <PullLine subtle>Your calendar reflects your priorities. Guard your focus blocks ruthlessly.</PullLine>
```

```
<h2 className="mt-8">The Weekly Cadence</h2>
```

```
{/* Re-implementing the table with Tailwind classes for better print control */}
```

```
<table className="mt-4 w-full border-collapse">
```

```
<thead>
```

```
<tr className="bg-forest/10 text-forest">
```

```
<th className="p-3 text-left border-b-2 border-forest/20 w-1/4">Day</th>
```

```
<th className="p-3 text-left border-b-2 border-forest/20 w-1/4">Focus Activity</th>
```

```
<th className="p-3 text-left border-b-2 border-forest/20 w-1/2">Output/Goal</th>
```

```
</tr>
```

```
</thead>
```

```
<tbody>
```

```
<tr className="border-b border-lightGrey/60">
```

```
<td className="p-3 font-bold text-deepCharcoal">Monday</td>
```

```
<td className="p-3 text-sm text-gray-700">Planning & Audit</td>
```

```
<td className="p-3 text-sm text-gray-700">Top 3 Outcomes set. Calendar is clean.</td>
```

```
</tr>
```

```
<tr className="bg-warmWhite/50 border-b border-lightGrey/60">
```

```
<td className="p-3 font-bold text-deepCharcoal">Tuesday-Thursday</td>
```

```
<td className="p-3 text-sm text-gray-700">Execution & Focus</td>
```

```
<td className="p-3 text-sm text-gray-700">Deep work blocks completed. Progress on Top 3.</td>
```

```
</tr>
```

```
<tr>
```

```
<td className="p-3 font-bold text-deepCharcoal">Friday</td>
```

```
<td className="p-3 text-sm text-gray-700">Review & Preview</td>
```

```
<td className="p-3 text-sm text-gray-700">Outcomes scored (0-1). Learnings captured. Next week's calendar blocked.</td>
```

```
</tr>
```

```
</tbody>
```

```
</table>
```

```
<hr className="my-8 border-t border-lightGrey" />
```

```
<h2>The Daily Time Blocks (Template)</h2>
```

```
<p className="mb-4 text-gray-700">
```

```
Use these time blocks to structure your most productive 4-hour window (e.g., 9:00 AM – 1:00 PM).
```

```
</p>
```

```
<ul className="list-disc pl-5 space-y-3">
```

```
<li>
```

```
<strong>Focus (90m):</strong> Deep, high-leverage work toward Top 3 outcomes. Zero distractions.
```

```
</li>
```

```
<li>
```

```
<strong>Admin (45m):</strong> Clearing email, quick communication, expense reports. Batch tasks here.
```

```
</li>
```

```
<li>
```

```
<strong>People (45m):</strong> Meetings, calls, coaching, check-ins. External-facing work.
```

```
</li>
```

```
<li>
```

```
<strong>Buffer (30m):</strong> Rest, transition, unexpected fires, or prep for the next block.
```

```
</li>
```

```
</ul>
```

```

<Note tone="key" title="Rule of 3" className="mt-8">
  Start every Monday by writing down your <strong>Top 3 Outcomes</strong> for the week. If you hit those 3, the week was a s
</Note>

{/* Brand Mark in the footer area */}
<div className="mt-12 text-center pt-6 border-t border-lightGrey/80">
  <EmbossedBrandMark
    src="/assets/images/abraham-logo.jpg"
    alt="Abraham of London Operating System Mark"
    width={80}
    height={80}
    effect="deboss"
    className="inline-block"
    baseColor="transparent"
  />
</div>

</BrandFrame>

);};

export default WeeklyOperatingRhythm;

```