

**ABRAHAM OF LONDON**

# Weekly Operating Rhythm — Make Standards Breathe

The simple weekly cadence that keeps standards alive—meetings that serve work, not the other way round.

Abraham of London — 13 Oct 2025

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## Weekly Operating Rhythm — Make Standards Breathe <#>

### Cadence <#>

- **Mon 20** — priorities + risks (20 mins).
- **Mid-week 15** — unblock.
- **Fri 20** — scoreboard + commitments.

### Hygiene <#>

- Written agenda. Start sharp. End with owners + dates.
- If a meeting has no decision, it becomes a document.

Includes a printable agenda and scoreboard.