

ABRAHAM OF LONDON

Weekly Operating Rhythm

A simple 1-page rhythm for weekly planning, review, and prayer.

Abraham of London - 22 Oct 2025



<BrandFrame title="Weekly Operating Rhythm & Daily Blocks" subtitle="A template for high-leverage allocation of time and focus across the week." pageSize="A4"

<PullLine subtitle>Your calendar reflects your priorities. Guard your focus blocks ruthlessly.
</PullLine>

The Weekly Cadence

{/* Re-implementing the table with Tailwind classes for better print control */} <table
className="mt-4 w-full border-collapse"> <thead> <tr className="bg-[color:var(--color-
primary)/0.1] text-forest"> <th className="p-3 text-left border-b-2 border-[color:var(--
color-primary)/0.2] w-1/4">Day</th> <th className="p-3 text-left border-b-2 border-
[color:var(--color-primary)/0.2] w-1/4">Focus Activity</th> <th className="p-3 text-left
border-b-2 border-[color:var(--color-primary)/0.2] 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 blocked.
</td> </tr> </tbody> </table>

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

The Daily Time Blocks (Template)

<p className="mb-4 text-gray-700"> Use these time blocks to structure your most
productive 4-hour window (e.g., 9:00–13:00). </p>

<ul className="list-disc pl-5 space-y-3"> Focus (90m): Deep,
high-leverage work toward Top 3 outcomes. Zero distractions. Admin

(45m): Email, quick comms, expenses. Batch here. People
(45m): Meetings, calls, coaching, check-ins. Buffer (30m):
 Rest, transitions, fires, or prep.

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