

[8.1] ONE-PAGE OPERATING SYSTEM_

Session 8: Your Vision, Locked In – The Full Picture

Write this on one page you can see regularly (home screen, desk, Notion):

MY 2026 OPERATING SYSTEM

Annual Theme:

Quarterly Quests:

Q1:

Q2:

Q3:

Q4:

My 3 Core Themes:

1. _____
1. _____
1. _____

My 3 Keystone Habits:

1. _____
1. _____
1. _____

Weekly Rhythm: [Planning Day/Time]

My Key DOSE Shifts:

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Monthly Review Date: