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:

-
-

Monthly Review Date: