

[7.3] YOUR WEEKLY RHYTHM_

Session 7: Build Your LifeOS

Create a simple weekly cadence so you stay aligned with your vision without burning out.

WEEKLY PLANNING SESSION

Day & Time:

Duration: (15-30 minutes)

Location:

DURING YOUR WEEKLY SESSION, ANSWER:

1. What moved forward this week?

2. What got stuck? Why?

3. What are my 3 Big Rocks for next week?

[7.4] YOUR TRACKING SYSTEM_

Simple Focus Log

Pick 1-3 focus areas and track focused time on them.

MY 3 FOCUS AREAS FOR 2026:

1.

2.

3.

How I'll track:

How often I'll review: