

# Week 3

*Theme: Productivity & Momentum*

## This week's focus

### Top three goals

Keep them outcome-based, measurable, and realistic.

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## Plan the week

### Key projects and appointments

Use broad strokes; details live on daily pages.

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## Wellbeing check

### Habits to protect

Sleep • Movement • Food • Social • No-screen blocks.

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## Review last week

### Wins

What went better than expected?

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### Blockers

What kept tripping you up?

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### Notes

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*Optional bonus prompts: [yourdomain.com/prompts-week3](http://yourdomain.com/prompts-week3)*

# Day 15 · Monday

## A conversation between structure and curiosity

### Morning focus

#### Top 3 priorities

Keep them outcome-based, not tasks.

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#### How I want to feel today

Tick one or more options.

Focused     Energised     Creative     Grounded

#### Mini-commitment

If I only achieve one thing today, it will be:

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### AI reflection – morning

Ask your AI assistant:

**“What’s one small perspective shift that could make today’s tasks feel more meaningful?”**

Jot the one idea that resonates; ignore the rest.

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## Action grid

Time	Task	Energy	Done
07-09	_____	□□□□□	□
09-11	_____	□□□□□	□
11-13	_____	□□□□□	□
13-15	_____	□□□□□	□
15-17	_____	□□□□□	□
17-19	_____	□□□□□	□

## Evening review

### Mood check

Circle one.

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:/  
:|  
:)  
:D

## Quick reflection

One thing that went well • One challenge • What I'll adjust tomorrow.

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## AI reflection – evening

Ask your AI:

**“What might today’s events reveal about how I handle progress and pressure?”**

Write your takeaway after reading the AI's reply.

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*Scan this week's QR code for 5 bonus prompts on Momentum & Motivation*

# Day 16 · Tuesday

## A conversation between structure and curiosity

### Morning focus

#### Top 3 priorities

Keep them outcome-based, not tasks.

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#### How I want to feel today

Tick one or more options.

Focused     Energised     Creative     Grounded

#### Mini-commitment

If I only achieve one thing today, it will be:

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### AI reflection – morning

Ask your AI assistant:

**“What’s one small perspective shift that could make today’s tasks feel more meaningful?”**

Jot the one idea that resonates; ignore the rest.

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## Action grid

Time	Task	Energy	Done
07-09	_____	□□□□□	□
09-11	_____	□□□□□	□
11-13	_____	□□□□□	□
13-15	_____	□□□□□	□
15-17	_____	□□□□□	□
17-19	_____	□□□□□	□

## Evening review

### Mood check

Circle one.

:(  
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:)  
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## Quick reflection

One thing that went well • One challenge • What I'll adjust tomorrow.

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## AI reflection – evening

Ask your AI:

**“What might today’s events reveal about how I handle progress and pressure?”**

Write your takeaway after reading the AI's reply.

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# Day 17 · Wednesday

A conversation between structure and curiosity

## Morning focus

### Top 3 priorities

Keep them outcome-based, not tasks.

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### How I want to feel today

Tick one or more options.

Focused     Energised     Creative     Grounded

### Mini-commitment

If I only achieve one thing today, it will be:

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## AI reflection – morning

Ask your AI assistant:

**“What’s one small perspective shift that could make today’s tasks feel more meaningful?”**

Jot the one idea that resonates; ignore the rest.

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## Action grid

Time	Task	Energy	Done
07-09	_____	□□□□□	□
09-11	_____	□□□□□	□
11-13	_____	□□□□□	□
13-15	_____	□□□□□	□
15-17	_____	□□□□□	□
17-19	_____	□□□□□	□

## Evening review

### Mood check

Circle one.

:(  
:/  
:|  
:)  
:D

## Quick reflection

One thing that went well • One challenge • What I'll adjust tomorrow.

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## AI reflection – evening

Ask your AI:

**“What might today’s events reveal about how I handle progress and pressure?”**

Write your takeaway after reading the AI's reply.

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