

# 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	_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
09-11	_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
11-13	_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
13-15	_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
15-17	_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>
17-19	_____	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>

## Evening review

### Mood check

Circle one.



## 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

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

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## Evening review

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## Quick reflection

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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**

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