

# 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](https://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"/>
09-11		<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"/>
13-15		<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"/>
17-19		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>

Evening review

Mood check

Circle one.

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Quick reflection

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

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?”**

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17-19		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>

Evening review

Mood check

Circle one.

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Quick reflection

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AI reflection – evening

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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
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Evening review

Mood check

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