

Weekly Mental Upgrade Loop — Monday — Deep Learning

Run sheet (printable) — check boxes as you go. Keep ugly. Keep tight.

Objective (60-75 min)

Turn one hard idea into usable skill + artifact.

Outcome

(1) One-page cheat sheet, (2) 7+ flashcards, (3) a scheduled real-world rep within 48h.

Timer Plan (check off)

☐ 02m Pick topic & sharp question | ☐ 05m Pre-test (from memory) ☐ 08m Skim 1 source (mark ? ! →) | ☐ 08m Teach-back (60s voice note) ☐ 15m Micro-build (cheat sheet + example) ☐ 08m Retrieval drill (closed-book) ☐ 05m Deploy plan (schedule 1 rep) ☐ 04m Log + score + create 7 cards

Templates (copy into Notes)

Pre-test: What is it? Why does it work? Steps? Pitfalls? Example? Feynman: “This is about _____. Imagine you’re 12. Core idea: _____ because _____. Steps: 1) ____ 2) ____ 3) _____. Watch for _____. Example: _____.”
Cheat sheet blocks: Definition | 3 Rules | Steps | Red Flags | Example | Do-this-now Cue Flashcards: Concept | Definition | When it fails | Steps | Example | Contrast | One trap

Plan (do now)

Pick ONE lane (golf / iPhone web app / budgeting / social). Write the 5 pre-test answers. Skim one dense source. Record a 60s teach-back. Build a one-pager + 7 cards. Schedule a real rep.

Risks

Scope creep (too many sources) • Prettying notes instead of understanding • No scheduled rep → zero transfer.

If / Then

If teach-back >60s or jargon → simplify to 3 rules and retry. If <30m available → run half module (Pre-test 3m → Teach-back 5m → Build 10m → Deploy 2m).

Upgrades

v1.1: Add a second example to cheat sheet. v2: Turn flashcards into a spaced schedule.

Confidence + Score

Score 0-5: Could I teach a smart friend in 60s? Metric for rep: define before starting (e.g., ≥6/9 driver starts within 2°).

Weekly Mental Upgrade Loop — Tuesday — Build & Ship (Micro P

Run sheet (printable) — check boxes as you go. Keep ugly. Keep tight.

Objective (60-75 min)

Ship one tiny but real artifact or rep that touches the outside world.

Outcome

(1) Shipped link or completed rep, (2) one feedback note, (3) next step committed.

Timer Plan (check off)

☐ 03m Pick scope (Must/Should/Won't) | ☐ 05m Define Done + success metric ☐ 20m Build core (no polish) | ☐ 10m Test on iPhone (real device) ☐ 05m Debrief (1-2 insights) | ☐ 02m Announce/Log/Share (optional)

Templates (copy into Notes)

Scope box: Must ___ | Should ___ | Won't ___ today. Definition of Done: It works when ___ on ___ device. Test Checklist: Loads offline? Inputs save? Back button ok? One failure path handled? Debrief: What surprised me? What will I change next?

Plan (do now)

Choose smallest slice that delivers value (e.g., localStorage autosave, golf 9-ball start-line drill, or DM opener set). Build only the must-have path. Smoke-test on phone. Log one lesson. Commit next step with a date.

Risks

Gold-plating • Endless bug-hunting • Avoiding real exposure.

If / Then

If blocked >5m → stub or skip feature. If not testable on phone → pick an even smaller slice that is.

Upgrades

v1.1: Add a single metric dashboard (manual). v2: Add one piece of external feedback (friend/tester).

Confidence + Score

Score: 0-1 didn't ship; 2 shipped but brittle; 3 shipped and usable; 4 shipped + feedback; 5 shipped + feedback + next step calendared.

Weekly Mental Upgrade Loop — Wednesday — Systems & Reflect

Run sheet (printable) — check boxes as you go. Keep ugly. Keep tight.

Objective (60-75 min)

Diagnose one friction point and implement one system change (SOP or environment tweak).

Outcome

(1) One-page SOP or trigger tweak, (2) frictions removed, (3) tracker line added.

Timer Plan (check off)

☐ 05m Quick audit (Where do I leak time/energy?) ☐ 10m Root-cause (Cue → Routine → Reward) | (Bottleneck/Constraint) ☐ 15m Design change (SOP/Checklist or environment tweak) ☐ 05m Test plan + tracker line ☐ 05m Schedule review

Templates (copy into Notes)

SOP: Title; When; Trigger; Steps (max 7); Done looks like; Common failure; Safety check. Environment tweak: Remove friction ____; Add cue ____; Preload ____; Default to _____. Tracker line: Daily ☐ Did it? Notes ____

Plan (do now)

Pick ONE leak (sleep, morning ramp, coding start, golf warm-up). Write a 5-7-step SOP or change the environment (e.g., lay out clubs/balls night prior). Add a daily checkbox to your Notes. Schedule a 7-day review.

Risks

Over-engineering • Generic advice • No trigger defined → system never runs.

If / Then

If step count >7 → too complex. If you can't name the trigger → rewrite until obvious.

Upgrades

v1.1: Add a 'reset' protocol for when you miss. v2: Make a laminated card or phone widget.

Confidence + Score

Score 0-5: Did today's system actually run once? Could someone else follow your SOP cold?

Weekly Mental Upgrade Loop — Thursday — Social Reps (Status)

Run sheet (printable) — check boxes as you go. Keep ugly. Keep tight.

Objective (60-75 min)

Run 3 deliberate social reps (low-risk, high-learning).

Outcome

(1) 3 executed reps, (2) transcript/snippets saved, (3) one refined script.

Timer Plan (check off)

☐ 04m Pick targets (3) and intent ☐ 08m Craft messages (or openers) ☐ 10m Execute (send/say) ☐
☐ 05m Log responses ☐ 05m Iteration: refine one line

Templates (copy into Notes)

Angle → Frame → Ask formula. Angle (why now): “Saw ___, made me think ___.” Frame (playful/clear): “Quick chaos theory question:” / “This is reckless but...” Ask (easy yes): “Rate this 1-10?” / “2 options: A or B?” Ledger: Person | Opener | Response | Follow-up | Lesson

Plan (do now)

Pick 3: one warm DM, one cold compliment, one in-person micro-conversation. Use Angle→Frame→Ask. Log exact wording + outcome. Improve one line.

Risks

Overthinking → no reps • Copy-pasta vibe • Needy energy.

If / Then

If silence → try a curiosity hook or binary choice next time. If you feel needy → send then go do a physical task (timer 10m).

Upgrades

v1.1: Build a bank of 10 openers that fit your voice. v2: Weekly A/B test of two lines.

Confidence + Score

Score: 3 reps done (yes/no). One line measurably tighter (yes/no).

Weekly Mental Upgrade Loop — Friday — Synthesis & Creativity

Run sheet (printable) — check boxes as you go. Keep ugly. Keep tight.

Objective (60-75 min)

Combine two domains to make a 'play' you can reuse.

Outcome

(1) One-page 'play' (when/why/how), (2) tiny prototype or example.

Timer Plan (check off)

☐ 05m Map two domains (e.g., golf × app, budgeting × social) ☐ 10m Idea combine (SCAMPER/Analogies) ☐ 15m Pick 1 and outline the play ☐ 10m Prototype micro-example ☐ 05m Name it + usage cue

Templates (copy into Notes)

Play sheet: Name | Purpose | Trigger | Steps | Proof/example | Anti-case (when NOT to use).

Plan (do now)

Make a 1-page 'play': e.g., '9-Ball Ladder Drill' with a minimal web UI on phone. Or '\$0 Diet' play for weekend spending. Build one micro-example.

Risks

Vague 'brainstorming' with no output • Picking ideas too big.

If / Then

If no usable name → idea not tight yet; compress. If example takes >10m → pick smaller cut.

Upgrades

v1.1: Record a 60s pitch for the play. v2: Share with one friend and capture feedback.

Confidence + Score

Score 0-5 on clarity: could future-you run this play next week without you?

Weekly Mental Upgrade Loop — Saturday — Exposure & Small Risks

Run sheet (printable) — check boxes as you go. Keep ugly. Keep tight.

Objective (60-75 min)

Take one controlled, reversible risk that stretches identity.

Outcome

(1) Evidence of attempt, (2) lesson note, (3) next rung on ladder.

Timer Plan (check off)

☐ 05m Pick risk from ladder (1-5) ☐ 05m Pre-mortem (what goes wrong?) ☐ 10m Execute safely ☐
05m Debrief (what did I learn?) ☐ 02m Schedule next rung

Templates (copy into Notes)

Risk ladder: 1) tiny ask ___ 2) mild discomfort ___ 3) visible try ___ 4) public commitment ___ 5) mini-performance ___. Pre-mortem: If ___ happens, then I will ___.

Plan (do now)

Choose rung 1-2. Execute with a timer. Keep the failure cost tiny and reversible. Log one lesson; schedule next rung for next week.

Risks

Hero attempts • No safety plan • Treating it as a dare, not a rep.

If / Then

If heart rate spikes → breathe 6×, then proceed or step down one rung. If it feels effortless → step up one rung next time.

Upgrades

v1.1: Add a buddy for accountability. v2: Track rungs in a simple ladder note.

Confidence + Score

Score: Did I take the risk? What rung next?

Weekly Mental Upgrade Loop — Sunday — Review, Plan, Recover

Run sheet (printable) — check boxes as you go. Keep ugly. Keep tight.

Objective (60-75 min)

Close the loop: harvest wins, decide next most important question, and protect recovery.

Outcome

(1) Week recap, (2) Top 3 for next week, (3) Calendar blocks & one recovery activity.

Timer Plan (check off)

☐ 06m Wins (list 5) | ☐ 06m Lessons (3) ☐ 06m Blockers (3) | ☐ 08m
Pick Top 3 for next week ☐ 08m Calendar the first next steps ☐ 06m Plan recovery (sleep, food, movement, social)

Templates (copy into Notes)

Review Qs: What mattered? What moved? What stalled? What will I cut? Top 3: 1) ____ 2) ____ 3) ____
(each with first action + when) Recovery: Sleep ____ / Movement ____ / Social ____ / Treat ____

Plan (do now)

Write wins, lessons, blockers. Choose next week's Top 3 with first actions calendar-blocked. Pick one deliberate recovery activity today.

Risks

Vague goals • No calendar entries • 'I'll remember it' lie.

If / Then

If a Top 3 doesn't fit on calendar → it's not a Top 3 or scope is too big; slice thinner.

Upgrades

v1.1: Add a scorecard (Mon-Sun 0-5). v2: Quarterly review packet.

Confidence + Score

Score 0-5: Do I know exactly what Monday's question is and when I'll attack it?