

02 - 04 - 02 - Prompts Sheet

Purpose of This Sheet

This is a curated list of prompts to be used with your **Shadow Planner**. These questions help:

- Anchor your attention
- Reveal patterns
- Align your week with your SelfFrame

You can rotate them weekly or stick with the ones that resonate most.

Start of Week Prompts

- What feels most important this week — and why?
 - What will move me closer to the outcomes I care about?
 - Where do I want to direct my energy and focus?
 - What would a successful week *feel* like?
 - What do I want to learn, test, or explore this week?
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Midweek Check-In Prompts

- Am I still aligned with what I set out to do?
 - What's drifting — and what's staying strong?
 - What's working surprisingly well?
 - Where am I feeling resistance or tension?
 - What small adjustment would unlock more flow or clarity?
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End-of-Week Reflection Prompts

- What actually mattered this week?
- What did I learn about myself?
- Where was I most aligned with my SelfFrame?
- What do I want to carry forward into next week?

- What am I avoiding — and what's that telling me?
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○ Shadow Notes (Anytime)

- This moment feels important because...
 - Something's not sitting right — I think it might be...
 - I just realised that I...
 - I'm noticing a pattern around...
 - I keep coming back to the idea that...
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Use these prompts inside [02 - 04 - 03 - Printable Planner Pages.docx] or directly in your notebook, digital tool, or planner setup.

You can also add your own — anything that sharpens awareness or helps you realign.