02 - 06 - 01 - Weekly Validation Prompts

Purpose of This Tool

These prompts are designed to help you **validate how well your system is working** — every week. It's a micro-check-in to:

- Spot drift
- Reinforce alignment
- Refine your rhythms

Use them at the end of each week or as part of your Shadow Planner reflection.

Core Weekly Prompts

- Did I act in alignment with my SelfFrame this week?
- Where did I feel most connected to my Why?
- What actions or habits felt naturally energising?
- What felt like friction or forced effort?
- Did I use my system tools? Why or why not?

Follow-Up Prompts (Optional)

- What would I keep the same next week?
- What do I want to approach differently?
- Is there anything I'm avoiding?
- What's one small reset or upgrade I could make now?

Tip

Don't overthink your answers. You're not proving anything — you're just checking in with yourself.

Sometimes even writing one sentence per prompt is enough to:

- Re-anchor your system

- Prevent slow drift
- Notice what you've already improved

Next: Use [02 - 06 - 02 - Review Log Template.docx] to track your weekly validation notes over time.