

## 08-03 Shadow Planner Quickstart

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The Shadow Planner is your reflective dashboard — tracking energy, momentum, tension, and meaning across time.

Unlike task managers, it doesn't focus on what you *did*. It tracks how you *felt*, what you *learned*, and where your patterns live.

### Daily Flow (Simplified)

#### Morning Prompt:

- What's your energy like?
- What's your focus word or theme?
- Anything pulling you off-center already?

#### Midday Scan (Optional):

- What's been smooth?
- Where's the friction?
- What wants your attention?

#### Evening Reflection:

- What drained you? What fed you?
- What tension showed up?
- One insight, if any?

### Weekly Flow

#### Sunday Reset Prompts:

- What were the 3 biggest patterns?
- What repeated?
- What shifted?
- What wants to end, emerge, or evolve?

Use this to:

- Adjust your SelfFrame

- Change priorities
- Let go of unhelpful loops

**Optional Metrics (Choose 1–3 to Track)**

- Energy (1–5)
- Clarity (Foggy → Clear)
- Momentum (Stuck → Flowing)
- Inner Noise (High → Low)

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Use the Shadow Planner like a mirror, not a checklist.

**The goal isn't to be perfect — it's to become aware.**