**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.