**08-03 Shadow Planner Quickstart**

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)

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

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