**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?

**🟡 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?

**🔵 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?

**🔘 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…

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.