THE JARGON BREAKER

PROTOCOL

Deconstruct Any Concept. Master It.

Ban the jargon. Explain simply.
Build an analogy. Log the friction.
Understand it — or admit you don't.

95 SESSIONS | 19 WEEKLY DEBRIEFS | 6 × 9 IN

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First Edition.
Printed in the United States of America.

The Jargon Breaker Protocol is a registered workbook concept.
Use of this workbook is strictly for personal learning.

I DECLARE

that I will not hide behind complex vocabulary.
that if I cannot explain it simply, I do not understand it.
that technical jargon is a tool — not a shield.

I COMMIT

to banning my crutch words before I begin.
to finding the analogy before I claim mastery.
to logging my confusion honestly.
to choosing clarity over the appearance of intelligence.

I UNDERSTAND

that "I know it, I just can't explain it" means
I do not know it.

Signed: _____

Date: _____

[TEAR OUT AND POST WHERE YOU WORK]

HOW TO USE THIS WORKBOOK

STEP 1

BAN THE JARGON

Write 3-4 terms you are FORBIDDEN to use. This forces you to find simpler language before you start.

STEP 2

ELI5 — EXPLAIN LIKE I'M FIVE

Use only everyday words. Imagine you are explaining to a curious 10-year-old with no background.

STEP 3

BUILD THE ANALOGY BRIDGE

Link the abstract concept to something physical. Sketch it or write: 'It works like a ...'

STEP 4

LOG THE FRICTION

Be ruthlessly honest. Which part of your explanation still feels forced or unclear? Name it.

BONUS

THE GOLDEN SENTENCE + 5-WORD CHALLENGE

Compress your entire explanation to 15 words, then to 5 words. Constraints reveal mastery.

Every 5 sessions → WEEKLY DEBRIEF page. Identify patterns in your friction poi

PROGRESS TRACKER

Shade each cell when you complete a session.

S01	S02	S03	S04	S05	D01
S06	S07	S08	S09	S10	D02
S11	S12	S13	S14	S15	D03
S16	S17	S18	S19	S20	D04
S21	S22	S23	S24	S25	D05
S26	S27	S28	S29	S30	D06
S31	S32	S33	S34	S35	D07
S36	S37	S38	S39	S40	D08
S41	S42	S43	S44	S45	D09
S46	S47	S48	S49	S50	D10
S51	S52	S53	S54	S55	D11
S56	S57	S58	S59	S60	D12
S61	S62	S63	S64	S65	D13
S66	S67	S68	S69	S70	D14
S71	S72	S73	S74	S75	D15
S76	S77	S78	S79	S80	D16
S81	S82	S83	S84	S85	D17
S86	S87	S88	S89	S90	D18
S91	S92	S93	S94	S95	D19

S## = Session D## = Weekly Debrief [shade when complete]

SESSION 01/95 WK 01

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

SESSION 1 / 95

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 02/95 WK 01

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 2 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 03/95 WK 01

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

SESSION 3 / 95

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 04/95 WK 01

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

SESSION 4 / 95

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 05/95 WK 01

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

SESSION 5 / 95

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

[WEEKLY DEBRIEF #01] Sessions 1–5

SESSION MASTERY RATINGS

S01: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S02: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S03: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S04: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S05: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

WHICH CONCEPT WAS HARDEST TO SIMPLIFY?

WHAT ANALOGY WORKED BEST — AND WHY?

WHAT RECURRING FRICTION PATTERN DO YOU NOTICE?

ONE REAL-WORLD SITUATION WHERE THIS MATTERS:

THIS WEEK'S BREAKTHROUGH INSIGHT:

SESSION 06/95 WK 02

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

SESSION 6 / 95

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 07/95 WK 02

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

SESSION 7 / 95

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 08/95 WK 02

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

SESSION 8 / 95

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 09/95 WK 02

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

SESSION 9 / 95

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 10/95 WK 02

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 10 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

[WEEKLY DEBRIEF #02] Sessions 6–10

SESSION MASTERY RATINGS

S06: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S07: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S08: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S09: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S10: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

WHICH CONCEPT WAS HARDEST TO SIMPLIFY?

WHAT ANALOGY WORKED BEST — AND WHY?

WHAT RECURRING FRICTION PATTERN DO YOU NOTICE?

ONE REAL-WORLD SITUATION WHERE THIS MATTERS:

THIS WEEK'S BREAKTHROUGH INSIGHT:

SESSION 11/95 WK 03

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 11 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 12/95 WK 03

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 12 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 13/95 WK 03

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

SESSION 13 / 95

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 14/95 WK 03

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 14 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 15/95 WK 03

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 15 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

[WEEKLY DEBRIEF #03] Sessions 11–15

SESSION MASTERY RATINGS

S11: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S12: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S13: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S14: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S15: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

WHICH CONCEPT WAS HARDEST TO SIMPLIFY?

WHAT ANALOGY WORKED BEST — AND WHY?

WHAT RECURRING FRICTION PATTERN DO YOU NOTICE?

ONE REAL-WORLD SITUATION WHERE THIS MATTERS:

THIS WEEK'S BREAKTHROUGH INSIGHT:

SESSION 16/95 WK 04

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

SESSION 16 / 95

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 17/95 WK 04

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 17 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 18/95 WK 04

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

SESSION 18 / 95

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 19/95 WK 04

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 19 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 20/95 WK 04

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 20 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

[WEEKLY DEBRIEF #04] Sessions 16–20

SESSION MASTERY RATINGS

S16: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S17: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S18: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S19: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S20: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

WHICH CONCEPT WAS HARDEST TO SIMPLIFY?

WHAT ANALOGY WORKED BEST — AND WHY?

WHAT RECURRING FRICTION PATTERN DO YOU NOTICE?

ONE REAL-WORLD SITUATION WHERE THIS MATTERS:

THIS WEEK'S BREAKTHROUGH INSIGHT:

SESSION 21/95 WK 05

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 21 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 22/95 WK 05

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 22 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 23/95 WK 05

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 23 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 24/95 WK 05

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 24 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 25/95 WK 05

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 25 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

[WEEKLY DEBRIEF #05] Sessions 21–25

SESSION MASTERY RATINGS

S21: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S22: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S23: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S24: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S25: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

WHICH CONCEPT WAS HARDEST TO SIMPLIFY?

WHAT ANALOGY WORKED BEST — AND WHY?

WHAT RECURRING FRICTION PATTERN DO YOU NOTICE?

ONE REAL-WORLD SITUATION WHERE THIS MATTERS:

THIS WEEK'S BREAKTHROUGH INSIGHT:

SESSION 26/95 WK 06

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 26 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 27/95 WK 06

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 27 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 28/95 WK 06

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 28 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 29/95 WK 06

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 29 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 30/95 WK 06

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 30 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

[WEEKLY DEBRIEF #06] Sessions 26–30

SESSION MASTERY RATINGS

S26: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S27: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S28: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S29: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S30: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

WHICH CONCEPT WAS HARDEST TO SIMPLIFY?

WHAT ANALOGY WORKED BEST — AND WHY?

WHAT RECURRING FRICTION PATTERN DO YOU NOTICE?

ONE REAL-WORLD SITUATION WHERE THIS MATTERS:

THIS WEEK'S BREAKTHROUGH INSIGHT:

SESSION 31/95 WK 07

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 31 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 32/95 WK 07

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 32 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 33/95 WK 07

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 33 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 34/95 WK 07

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 34 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 35/95 WK 07

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 35 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

[WEEKLY DEBRIEF #07] Sessions 31–35

SESSION MASTERY RATINGS

S31: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S32: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S33: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S34: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S35: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

WHICH CONCEPT WAS HARDEST TO SIMPLIFY?

WHAT ANALOGY WORKED BEST — AND WHY?

WHAT RECURRING FRICTION PATTERN DO YOU NOTICE?

ONE REAL-WORLD SITUATION WHERE THIS MATTERS:

THIS WEEK'S BREAKTHROUGH INSIGHT:

SESSION 36/95 WK 08

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 36 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 37/95 WK 08

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 37 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 38/95 WK 08

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 38 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 39/95 WK 08

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 39 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 40/95 WK 08

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 40 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

[WEEKLY DEBRIEF #08] Sessions 36–40

SESSION MASTERY RATINGS

S36: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S37: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S38: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S39: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S40: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

WHICH CONCEPT WAS HARDEST TO SIMPLIFY?

WHAT ANALOGY WORKED BEST — AND WHY?

WHAT RECURRING FRICTION PATTERN DO YOU NOTICE?

ONE REAL-WORLD SITUATION WHERE THIS MATTERS:

THIS WEEK'S BREAKTHROUGH INSIGHT:

SESSION 41/95 WK 09

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 41 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 42/95 WK 09

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 42 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 43/95 WK 09

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 43 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 44/95 WK 09

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 44 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 45/95 WK 09

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 45 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

[WEEKLY DEBRIEF #09] Sessions 41–45

SESSION MASTERY RATINGS

S41: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S42: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S43: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S44: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S45: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

WHICH CONCEPT WAS HARDEST TO SIMPLIFY?

WHAT ANALOGY WORKED BEST — AND WHY?

WHAT RECURRING FRICTION PATTERN DO YOU NOTICE?

ONE REAL-WORLD SITUATION WHERE THIS MATTERS:

THIS WEEK'S BREAKTHROUGH INSIGHT:

SESSION 46/95 WK 10

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 46 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 47/95 WK 10

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 47 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 48/95 WK 10

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 48 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 49/95 WK 10

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 49 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 50/95 WK 10

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 50 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

[WEEKLY DEBRIEF #10] Sessions 46–50

SESSION MASTERY RATINGS

S46: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S47: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S48: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S49: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S50: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

WHICH CONCEPT WAS HARDEST TO SIMPLIFY?

WHAT ANALOGY WORKED BEST — AND WHY?

WHAT RECURRING FRICTION PATTERN DO YOU NOTICE?

ONE REAL-WORLD SITUATION WHERE THIS MATTERS:

THIS WEEK'S BREAKTHROUGH INSIGHT:

SESSION 51/95 WK 11

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 51 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 52/95 WK 11

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 52 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 53/95 WK 11

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 53 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 54/95 WK 11

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 54 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 55/95 WK 11

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 55 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

[WEEKLY DEBRIEF #11] Sessions 51–55

SESSION MASTERY RATINGS

S51: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S52: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S53: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S54: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S55: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

WHICH CONCEPT WAS HARDEST TO SIMPLIFY?

WHAT ANALOGY WORKED BEST — AND WHY?

WHAT RECURRING FRICTION PATTERN DO YOU NOTICE?

ONE REAL-WORLD SITUATION WHERE THIS MATTERS:

THIS WEEK'S BREAKTHROUGH INSIGHT:

SESSION 56/95 WK 12

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 56 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 57/95 WK 12

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 57 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 58/95 WK 12

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 58 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 59/95 WK 12

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 59 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 60/95 WK 12

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 60 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

[WEEKLY DEBRIEF #12] Sessions 56–60

SESSION MASTERY RATINGS

S56: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S57: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S58: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S59: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S60: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

WHICH CONCEPT WAS HARDEST TO SIMPLIFY?

WHAT ANALOGY WORKED BEST — AND WHY?

WHAT RECURRING FRICTION PATTERN DO YOU NOTICE?

ONE REAL-WORLD SITUATION WHERE THIS MATTERS:

THIS WEEK'S BREAKTHROUGH INSIGHT:

SESSION 61/95 WK 13

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 61 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 62/95 WK 13

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 62 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 63/95 WK 13

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 63 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 64/95 WK 13

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 64 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 65/95 WK 13

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 65 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

[WEEKLY DEBRIEF #13] Sessions 61–65

SESSION MASTERY RATINGS

S61: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S62: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S63: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S64: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S65: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

WHICH CONCEPT WAS HARDEST TO SIMPLIFY?

WHAT ANALOGY WORKED BEST — AND WHY?

WHAT RECURRING FRICTION PATTERN DO YOU NOTICE?

ONE REAL-WORLD SITUATION WHERE THIS MATTERS:

THIS WEEK'S BREAKTHROUGH INSIGHT:

SESSION 66/95 WK 14

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 66 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 67/95 WK 14

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 67 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 68/95 WK 14

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 68 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 69/95 WK 14

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 69 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 70/95 WK 14

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 70 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

[WEEKLY DEBRIEF #14] Sessions 66–70

SESSION MASTERY RATINGS

S66: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S67: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S68: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S69: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S70: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

WHICH CONCEPT WAS HARDEST TO SIMPLIFY?

WHAT ANALOGY WORKED BEST — AND WHY?

WHAT RECURRING FRICTION PATTERN DO YOU NOTICE?

ONE REAL-WORLD SITUATION WHERE THIS MATTERS:

THIS WEEK'S BREAKTHROUGH INSIGHT:

SESSION 71/95 WK 15

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 71 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 72/95 WK 15

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 72 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 73/95 WK 15

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 73 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 74/95 WK 15

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 74 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 75/95 WK 15

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 75 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

[WEEKLY DEBRIEF #15] Sessions 71–75

SESSION MASTERY RATINGS

S71: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S72: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S73: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S74: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S75: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

WHICH CONCEPT WAS HARDEST TO SIMPLIFY?

WHAT ANALOGY WORKED BEST — AND WHY?

WHAT RECURRING FRICTION PATTERN DO YOU NOTICE?

ONE REAL-WORLD SITUATION WHERE THIS MATTERS:

THIS WEEK'S BREAKTHROUGH INSIGHT:

SESSION 76/95 WK 16

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 76 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 77/95 WK 16

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 77 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 78/95 WK 16

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 78 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 79/95 WK 16

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 79 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 80/95 WK 16

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 80 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

[WEEKLY DEBRIEF #16] Sessions 76–80

SESSION MASTERY RATINGS

S76: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S77: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S78: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S79: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S80: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

WHICH CONCEPT WAS HARDEST TO SIMPLIFY?

WHAT ANALOGY WORKED BEST — AND WHY?

WHAT RECURRING FRICTION PATTERN DO YOU NOTICE?

ONE REAL-WORLD SITUATION WHERE THIS MATTERS:

THIS WEEK'S BREAKTHROUGH INSIGHT:

SESSION 81/95 WK 17

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 81 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 82/95 WK 17

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 82 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 83/95 WK 17

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 83 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 84/95 WK 17

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 84 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 85/95 WK 17

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 85 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

[WEEKLY DEBRIEF #17] Sessions 81–85

SESSION MASTERY RATINGS

S81: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S82: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S83: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S84: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S85: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

WHICH CONCEPT WAS HARDEST TO SIMPLIFY?

WHAT ANALOGY WORKED BEST — AND WHY?

WHAT RECURRING FRICTION PATTERN DO YOU NOTICE?

ONE REAL-WORLD SITUATION WHERE THIS MATTERS:

THIS WEEK'S BREAKTHROUGH INSIGHT:

SESSION 86/95 WK 18

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 86 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 87/95 WK 18

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 87 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 88/95 WK 18

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 88 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 89/95 WK 18

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 89 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 90/95 WK 18

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 90 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

[WEEKLY DEBRIEF #18] Sessions 86–90

SESSION MASTERY RATINGS

S86: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S87: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S88: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S89: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S90: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

WHICH CONCEPT WAS HARDEST TO SIMPLIFY?

WHAT ANALOGY WORKED BEST — AND WHY?

WHAT RECURRING FRICTION PATTERN DO YOU NOTICE?

ONE REAL-WORLD SITUATION WHERE THIS MATTERS:

THIS WEEK'S BREAKTHROUGH INSIGHT:

SESSION 91/95 WK 19

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 91 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 92/95 WK 19

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 92 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 93/95 WK 19

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 93 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 94/95 WK 19

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 94 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

SESSION 95/95 WK 19

FIELD: _____ **TOPIC:** _____

COMPLEXITY: ☐ ☐ ☐ ☐ ☐ ■ **DATE:** _____

SESSION 95 / 95

[STEP 1] THE JARGON BAN

BAN 3-4 TERMS

Terms you are FORBIDDEN to use in your explanation:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

[STEP 2] ELI5 ZONE — EXPLAIN LIKE I'M FIVE

NO JARGON

Use only simple, everyday language. No crutch words allowed.

[STEP 3] THE ANALOGY BRIDGE

SKETCH OR WRITE

Connect this concept to a physical object or real-world situation.

[SKETCH]

It's like a ...

[STEP 4] FRICTION LOG

BE HONEST

Which part still feels blurry or forced?

[BONUS] THE GOLDEN SENTENCE

MAX 15 WORDS

In 15 words or fewer:

5-WORD CHALLENGE:

[WEEKLY DEBRIEF #19] Sessions 91–95

SESSION MASTERY RATINGS

S91: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S92: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S93: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S94: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

S95: ☐ ☐ ☐ ☐ ☐ (1 = still fuzzy 5 = crystal clear)

WHICH CONCEPT WAS HARDEST TO SIMPLIFY?

WHAT ANALOGY WORKED BEST — AND WHY?

WHAT RECURRING FRICTION PATTERN DO YOU NOTICE?

ONE REAL-WORLD SITUATION WHERE THIS MATTERS:

THIS WEEK'S BREAKTHROUGH INSIGHT:

YOU HAVE BROKEN THE JARGON.

95 concepts. Explained simply.
No hiding. No crutches. Real understanding.

THIS CERTIFIES THAT

_____

has completed The Jargon Breaker Protocol
and achieved clarity over complexity.

Signed: _____

Date: _____