

# Calendar Worship and Time Tracking

# Today's Gameplan

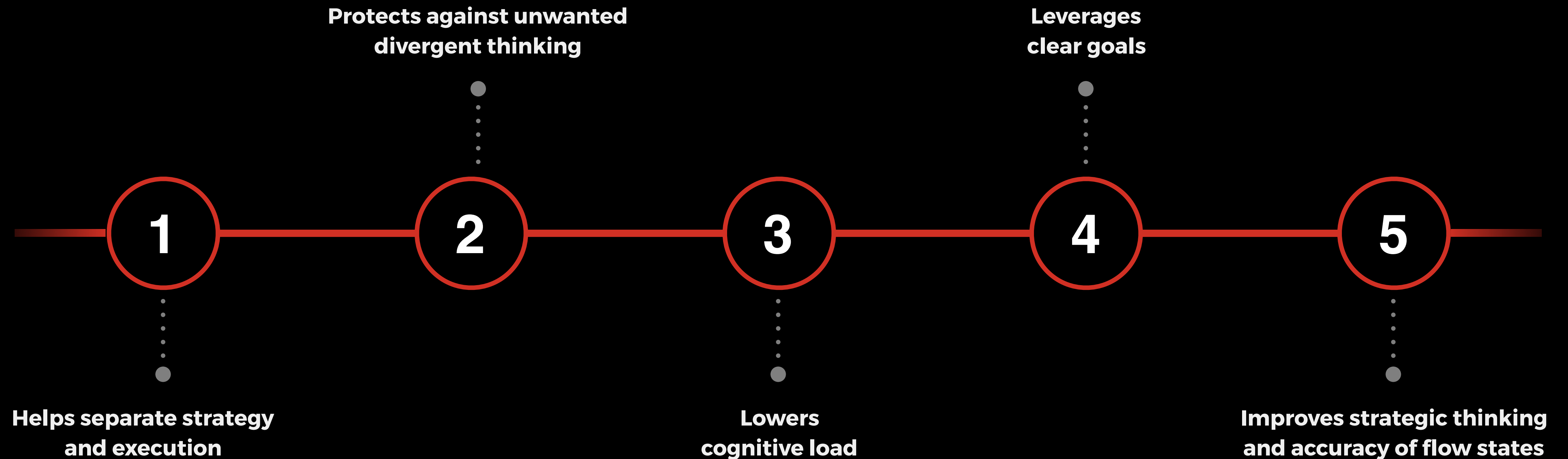
- 1 Mapping Your Calendar for Flow
- 2 Executing Your Weekly Strategy Session
- 3 Executing Your Daily Power Down Ritual
- 4 Flowy Execution All the Way to Success

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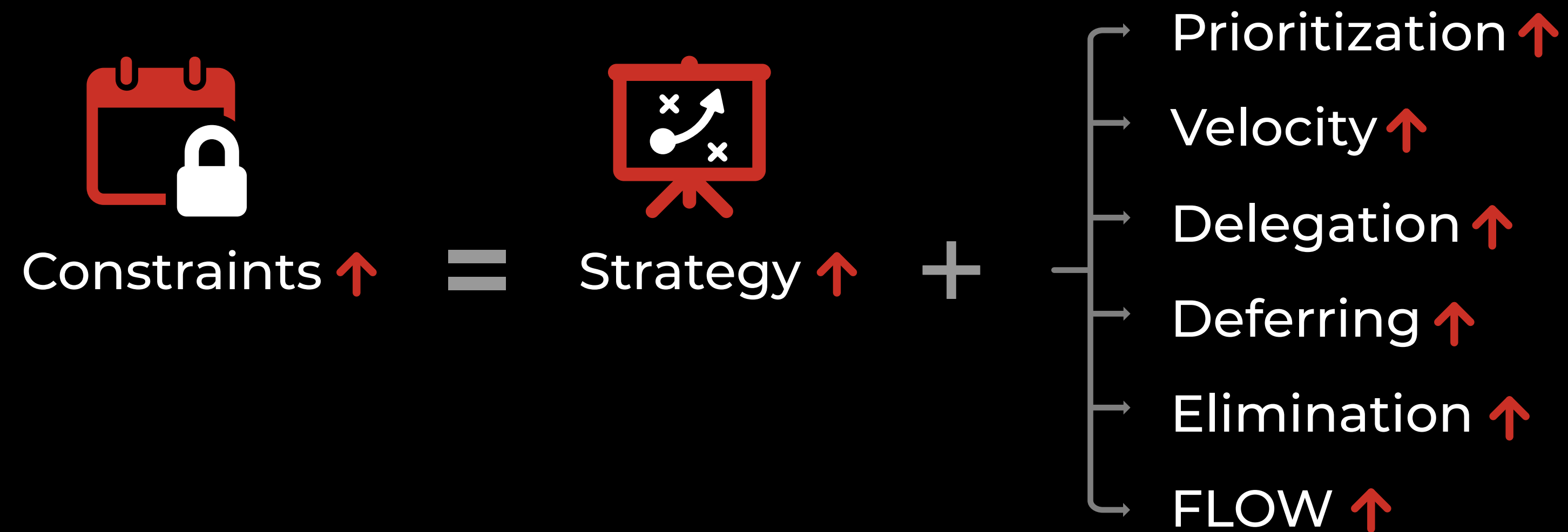
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# Worshipping Your Calendar Is a Massive Flow Hack



# A Calendar Is a Liberating Constraint That Improves Everything



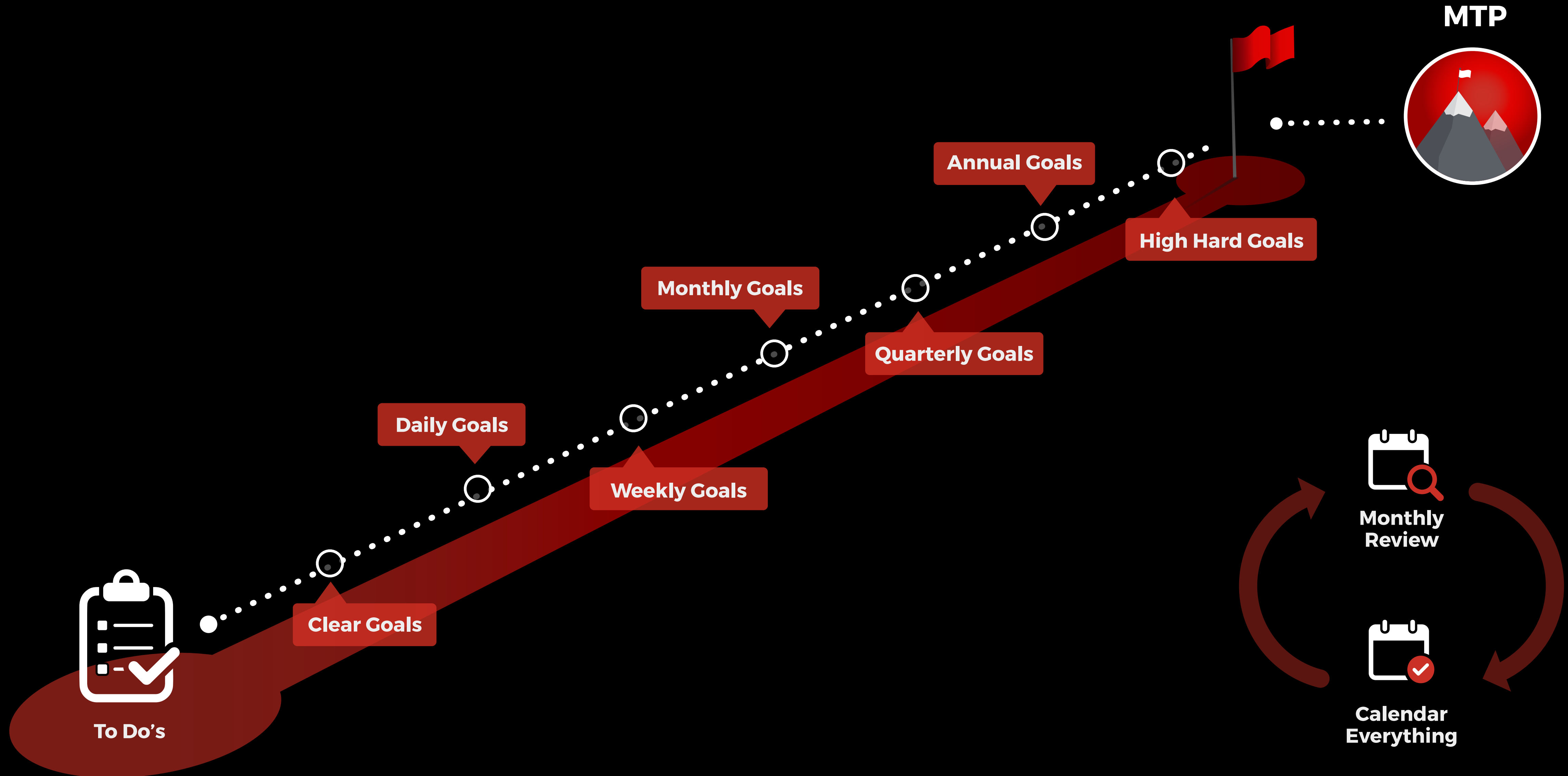
# A Caveat: Inverting the Straight Jacket Effect



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# Reminder → The FRC Goal Setting Stack







## Executing Your Weekly Strategy Session

- 1 One Hour per Week, Same Time, Ideally Same Place**
- 2 Ritualize It**
- 3 Before the Week Starts – Ideally Sunday**

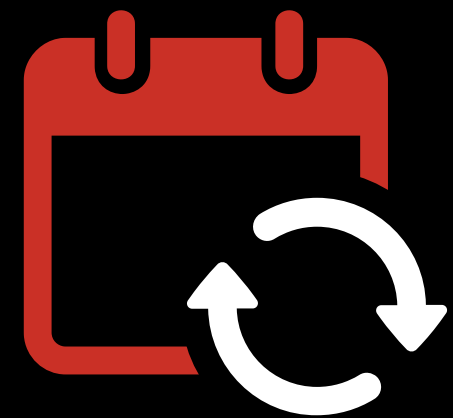


## Agenda for Your Weekly Strategy Session

- 1 Review Your Goal Stack**  
Top to Bottom and Modify Goals Accordingly
- 2 Assess Weekly Goals Against Monthly Goals**
- 3 Set Weekly Goals and 3WP's**
- 4 Set Daily Goals & 3DP's**
- 5 Map All of It on Your Calendar**  
Enjoy the flowy execution!

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## Agenda for Your Daily Power Down Ritual

- 1 Review Your Weekly Goals**
- 2 Refine Daily Goals for Next Day & Schedule 3DP's for Next Day**
- 3 Prep All Tasks for the Next Day To Eliminate Friction**
- 4 Clear Out Undone Tasks and Tie All Loose Ends**



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# The Art of Calendar Worship

- 1 Fixed Container of Hours**
- 2 Recurring Events for Protection**
  - Workouts
  - Flow Blocks and Power Moves
  - Learning
  - Time Off
- 3 Clear Goals for All Recurring Events**

Exercise:

# Optimizing Your Calendar for Flow

- 1 Set all recurring events—workouts, deep flow blocks, learning sessions, family time, weekly strategy session and power down ritual
- 2 Add clear goals for all recurring events
- 3 Add agenda for power down ritual and weekly strategy session
- 4 Implement power down ritual TODAY and weekly strategy session this week



Download Workbook  
to Get Started