

DRIFT xMOVEMENT CHECKLIST

Your 24-Hour Momentum Shift

ð ¤ IMMEDIATE (Next 2 Hours)

- â Cancel your least productive recurring meeting
- â Message your team: "What's blocking you? How can I remove it?"
- â Pick your #1 priority. Write it on a Post-it. Put it on your monitor.
- â Set a ship date for your oldest project. Text it to someone who will hold you accountable.

â¡ TODAY (Next 8 Hours)

- â Give 3 team members decision-making power (budget: \$500 each)
- â Kill your bottom 2 projects. Not pause. Kill.
- â Ship SOMETHING. Anything. Even if it's 60% ready.
- â Block 2 hours tomorrow for focused execution (no meetings)

ð ¤ THIS WEEK

- â Replace one recurring meeting with a Slack/text update
- â Launch one experiment without asking permission
- â Say no to 3 new requests
- â Book a clarity session with someone outside your echo chamber

THE 80/20 FOCUS FILTER

Use this for every decision this week

Before saying YES to anything, ask:

Does this directly serve my ONE priority?

Can I ship it in 48 hours?

Will it matter in 90 days?

If you answered NO to any xIT'S A NO

YOUR DRIFT ELIMINATION RITUALS

Monday Morning (15 min)

Review last week: What moved? What drifted?

Pick this week's ONE thing

Cancel/delegate everything that doesn't serve it

Daily Standup (5 min)

What did I SHIP yesterday?

What will I SHIP today?

What's blocking my shipment?

Friday Review (20 min)

Count decisions made vs meetings held

Measure: What got DONE vs what got DISCUSSED?

Plan: Next week's momentum multipliers

EMERGENCY DRIFT BREAKERS

When you feel stuck, pick one:

The 15-Minute Ship: Find something you can complete in 15 min. Do it now.

The Permission Purge: Do something without asking. See what happens.

The Meeting Massacre: Cancel all meetings for 48 hours. Work instead.

The Focus Funeral: Write down all your projects. Burn all but three.

The Decision Sprint: Make 10 small decisions in 10 minutes. Action each one.

YOUR ACCOUNTABILITY SYSTEM

Find Your Movement Partner

Someone who will:

â Check your ship rate weekly

â Call BS on your excuses

â Celebrate your ugly launches

â Push when you plateau

Weekly Movement Metrics

Track these 4 numbers:

Decisions made: ____

Things shipped: ____

Projects killed: ____