

# SAMPLER PAGE · WEEKLY CHECK-IN

## EXPLANATION

A weekly reset prevents drift. It takes 10 minutes and keeps you moving without beating yourself up about what didn't happen. Do this once per week, then stop and live your life.

## ENTRY

Week of: \_\_\_\_\_

### What went well this week?

\_\_\_\_\_

### What did I struggle with?

\_\_\_\_\_

### What do I adjust next week?

### My focus for next week:

\_\_\_\_\_

### My one action goal for next week:

\_\_\_\_\_

## EXAMPLE

**Went well:** Stayed consistent with 30 min job hunt routine 5 of 7 days

**Struggled:** Avoided follow-ups

**Adjust:** Schedule follow-up as part of 3rd 10-min block

**Focus:** Account management roles in SaaS

**Goal:** Apply to 10 jobs, follow up on 3 open applications

**Five minutes of reflection can save weeks of frustration.**

## STEVE'S NOTE

I skipped this for months and I paid for it. Ten minutes once a week and you actually know what's working. Most people only stop to think when something goes wrong. Don't be that person.