

# Week at a glance

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

My intention this week: \_\_\_\_\_  
\_\_\_\_\_

## My top 3 non-negotiables this week

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

## 7-day habit tracker

|                  | Mon                                 | Tue                                 | Wed                                 | Thu                                 | Fri                                 | Sat                                 | Sun                                 |
|------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| Morning routine  | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Learning block   | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Movement         | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Low-FODMAP meals | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Content created  | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |

## End-of-week reflection

What moved the needle this week? \_\_\_\_\_  
\_\_\_\_\_

What do I want to carry forward into next week? \_\_\_\_\_  
\_\_\_\_\_

One thing I am proud of: \_\_\_\_\_  
\_\_\_\_\_

# Money systems

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## My weekly money checklist

- ☐ I reconciled against my 2026 business budget
- ☐ I confirmed team payouts (Harshi, VA) via Wise from Mercury
- ☐ I reviewed my S-Corp salary and distribution split
- ☐ I checked Solo 401(k) contribution at Fidelity

## My revenue this week by stream

Brand partnerships (via The Drive Agency): \$ \_\_\_\_\_

Digital products: \$ \_\_\_\_\_

Course / community (Series A): \$ \_\_\_\_\_

My progress toward my \$1M year:

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## Monthly credit score log

My score: \_\_\_\_\_ Date pulled: \_\_\_\_\_ Goal: 720+

Notes: \_\_\_\_\_

Quarter: Q1 Q2 Q3 Q4

## My people check-in this week

- ☐ I touched base with Mai (accountant)
- ☐ I touched base with Whitney at Align Legal
- ☐ I followed up with agency (Tatiana / Teresa / Patrick)

Active partners I am logging: \_\_\_\_\_

Notes:

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# Career systems

## My content cadence this week

|         | AI Education             | Career                   | Engineering Your Dream Life | Behind the Brand         |
|---------|--------------------------|--------------------------|-----------------------------|--------------------------|
| Post 1: | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>    | <input type="checkbox"/> |
| Post 2: | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>    | <input type="checkbox"/> |
| Post 3: | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>    | <input type="checkbox"/> |
| Post 4: | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>    | <input type="checkbox"/> |

Post topics / notes:

## My learning block

☐ I protected my learning block this week

Oxford session focus: \_\_\_\_\_

## My product lines this week

Disgustingly Ambitious (newsletter) growth: \_\_\_\_\_

Series A (community) growth: \_\_\_\_\_

Future You (futuremegpt.com) growth: \_\_\_\_\_

My email list count: \_\_\_\_\_ (goal: deliberate growth, not byproduct)

## Weekly reflection

What did I create this week that I am genuinely proud of?

Am I building toward my dream life, or just staying busy?

# Lifestyle systems

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## My low-FODMAP staples this week

- ☐ Organic eggs
- ☐ Chicken
- ☐ Salmon / shrimp
- ☐ Sourdough
- ☐ Boom Chicka Pop
- ☐ Maple chicken sausage

I checked labels for onion, garlic, and honey: Yes / No

Other staples I used: \_\_\_\_\_

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## My energy and body notes

My energy level this week (1-10): \_\_\_\_\_

What my body needed more of: \_\_\_\_\_

What drained me: \_\_\_\_\_

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## My personal systems

- ☐ I updated my Obsidian second brain
- ☐ I reviewed my Notion content calendar
- ☐ I checked my Zapier automations
- ☐ I consulted my AI Board of Directors

Decision I made with my AI Board this week:

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## My weekly win

One thing that went right this week:

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## Weekly reflection

Am I living my systems, or just planning them?

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