

Six week workbook

September cohort

One page per week, one commitment per week. Print it or keep it open. The worksheets for each week are separate downloads; this is the map.

WEEK	THEME	THE QUESTION	YOU COMMIT TO
1	Getting clear	What do you actually want?	One sentence, said out loud
2	Making it real	What has to happen first?	Three actions, each with a date
3	When it gets hard	What stops you?	Naming one pattern
4	Building the system	How does it happen without deciding to?	One routine, protected
5	Making it stick	What keeps it going after this ends?	A plan for a bad week
6	Where you go next	What to carry forward?	One thing to keep, one to drop

How to use it

- Do the worksheet before the call, not after. The call is for talking about what you found.
- Post your commitment in the group before Thursday. Saying it in front of people is a big part of why this works.
- Missed a week? Watch the recording, post your commitment, carry on. Don't go quiet.