



SHIFT FROM BUSY TO PROGRESS

This sheet helps you focus on meaningful progress.

- 1 Identify tasks that truly matter to your goals.
- 2 Ask: 'Does this move something, or does it just move?'
- 3 Prioritize tasks that align with your long-term objectives.
- 4 Take action on one avoided task today.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:



MON

TUE

WED

THU

FRI

SAT

SUN

What I noticed this week:

Busy is motion. Progress is direction.