



DESIGN YOUR HONEST HOUR

This sheet helps you plan a focused hour to reclaim your attention.

- 1 Identify your peak focus time tomorrow.
- 2 Set your phone to 'Do Not Disturb' for one hour.
- 3 Choose one task that requires deep focus.
- 4 Inform anyone necessary that you'll be unavailable.
- 5 Reflect on the experience afterward.

MAKE IT YOURS

My one move this week: _____

When and where, exactly: _____

My witness (one person I told): _____

I showed up:

MON

MON

TUE

TUE

WED

WED

THU

THU

FRI

FRI

SAT

SAT

SUN

SUN

What I noticed this week:

Protect one hour to reclaim your focus.