



CREATE YOUR FOCUSED HOUR

This sheet helps you design an hour of focused work.

- 1 Choose one task to focus on for the next hour.
- 2 Set a timer for 60 minutes.
- 3 Silence your phone and close unnecessary tabs.
- 4 Begin the task and allow yourself to work imperfectly.
- 5 Reflect on what you accomplished after the hour.

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

MON

TUE

WED

THU

FRI

SAT

SUN

What I noticed this week:

Action creates readiness, not the other way around.