

The Weekly Review

Ten minutes, once a week. Maintenance is where change quietly becomes character.

Week of:

What happened (facts, not verdicts):

What supported the change this week?

What got in the way? (Name the barrier, not the character flaw.)

One adjustment for next week (smaller counts):

Quick radar

G

R

O

W

T

H

Score each 0 to 10. Watch the shape over weeks, not the single number.