

Progress Dashboard

Nurture · Chapter Eight. One page, the whole arc.

The Weekly Review catches drift. This is the only place you will see the slope, and the slope is encouraging in a way that no single week ever is. Fill in a column at each monthly check-in and leave the rest blank until you get there.

1 · THE SIX LENSES OVER TIME CORE

Score each out of ten at the start, then at each monthly check-in. The movement is the point, not the number.

LENS	START	MONTH 1	MONTH 3	MONTH 6
Grounded				
Resonant				
Outward				
Within Reach				
Transformative				
Harmonious				

2 · MONTHS I KEPT GOING

Tick one for every month you stayed with it, in any season. A ticked month in Survival counts exactly as much as one in Growth.

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3 · WHAT THE RECORD SAYS

Answer these at the six-month mark, from the boxes above rather than from memory.

The change I have been running, in one line:

What is measurably different now that was not true six months ago:

What I would tell somebody starting this today:
