



THE WELL DESIGNED LIFE CO.

The Well-Designed Life

A practical primer

Your starter guide to The Deliberate Week

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How to use this guide

This is your primer to **The Deliberate Week** — a practical, do-it-today introduction to living a well-designed life, and to the app built to run it. Most advice gives you a feeling but no next step, or a hundred steps and no way to see which one matters, and no place to actually keep any of it. This primer does all three: a small action for today, the reason it works, and the exact feature in the app that takes it over once you're ready to stop doing it by hand.

Every section holds three layers. **Do this now** is a short list of small actions you can take today — each one tagged with the app feature that runs it. **Now think about this** is the quiet layer underneath: what the action actually *is*, why it works, and when it's worth automating. And **the feature that runs it** shows you where it lives in the app, so the practice becomes something that remembers itself instead of something you have to hold in your head.

You don't have to read it in order, and you don't have to do all of it. Pick one thing, do it, and — if you're curious — meet the feature behind it. That's the whole idea: **little steps today, a whole system underneath**.

The three questions

A well-designed life only ever asks three questions, and the app is built around all three. You'll see them turn up under every section.

Does it feel right? — How your life actually *feels*, across eight areas: your body, your mind and emotions, your relationships, your work, your money, your home, your growth, and your sense of meaning. *In the app this is the **Life Wheel** — eight dimensions you rate in a couple of minutes.*

Does it run well? — Not how it feels, but how it *works*: your time, your logistics, your digital life, how you make decisions, and how you move long projects forward. *In the app this is the **Operations Wheel** — five domains, and the Systems that fill them.*

Does it hold together? — Whether the pieces support each other or pull against each other, across four zones: body, mind and people, work and money, space and meaning. *In the app this is the **Integration Wheel** — four zones.*

How the app is built

The Deliberate Week runs on one simple loop — **North Star** → **Season** → **Week** → **Daily Anchor** → **Weekly Reset** — with the three **Wheels** measuring where you stand, a library of **Systems** that automate the everyday routines in this guide, and **Kits** for the heavy seasons (a move, a loss, a new job). Everything in this primer maps to one of those. You'll see the feature named right beside each move, so you learn the app the way it's meant to be learned: one useful piece at a time.

1 · Your Mornings & Time

The everyday version: stop letting the day start before you do.

The signal — you wake up already behind, answering other people's priorities before you've named your own.

Do this now

- Tonight, write down the *one* task tomorrow will be built around. Just one. → **Daily Anchor**
- Tomorrow, don't open your inbox or phone until that one task has had your first attention. → **Daily Brief**
- Set out what you need the night before, so morning has fewer decisions in it. → **Weekly Reset**
- Pick a rough shape for your first hour and keep it the same for a week. → **A Morning System**
- If the work matters, guard the first ninety minutes for it before anything else gets a vote. → **Ideal Week**

Now think about this

You just removed tomorrow morning's biggest hidden tax: deciding, while groggy, what matters. A decision made the night before costs almost nothing; the same one at 7 a.m., with a dozen notifications already pulling at you, costs a surprising amount of the focus you needed for the actual work.

What it really is — this is your **Time Architecture**, one of the five domains of *how your life runs*. It's the shape of your days, decided once instead of re-negotiated every morning. The people who seem unhurried usually aren't faster; they've just pre-decided more.

Why it matters — time is the one domain every other one borrows from. When your hours have a shape, your body, your work, and your relationships each get their turn. When they don't, whatever shouts loudest wins the day — and it's rarely the thing that mattered most.

When it counts — every morning, in the first hour, and every night in the ninety seconds it takes to name tomorrow's one task.

The feature that runs it — this is the front of the app's **weekly loop**. Your **Daily Anchor** holds the one task; **A Morning System** decides the first hour once; and the **Ideal Week** and **Deep-Work** systems protect the blocks that matter — so the shape you set by hand becomes the shape the week actually arrives in.

2 · Your Space

The everyday version: your rooms are talking to you — and the message is usually about a routine, not your character.

The signal — the same surfaces keep getting cluttered no matter how many times you clear them.

Do this now

- Set a timer for fifteen minutes and tidy the *one* surface that bothers you most. Stop when it rings. → **Home & Cleaning system**
- Before bed, empty the sink and start the dishwasher, so tomorrow opens on a clean kitchen. → **Home & Cleaning system**
- Clear one "hotspot" — a desk, an entryway, a nightstand — and only that one. → **Home & Cleaning system**
- Do a quick reset the night before your busiest day, so it starts in order instead of in a hole. → **Weekly Reset**
- Register the upkeep a home needs on an interval — filters, detectors, seasonal work. → **Home Maintenance system**

Now think about this

Notice you didn't clean the whole house. You cleared one thing, on a timer, and stopped. That's the difference between a reset and a punishment — and it's why the reset actually gets done again next week.

What it really is — on the surface this is your **Home & Environment**, one of the eight areas of *how life feels*. Underneath, it's **Life Logistics**, one of the five domains of *how life runs*.

Why it matters — a space that keeps getting messy is almost never a character flaw. It's a missing routine showing up in the one place you can see it. The clutter is the symptom; a small standing routine is the cure. Treating it as a moral failing just adds guilt to a logistics gap.

When it counts — weekly, as a short reset — never a punishing marathon. When the same surface keeps reappearing, that's the sign to let a System take the upkeep.

The feature that runs it — the **Home & Cleaning** and **Home Maintenance** systems turn "I should tidy" into "here's this week's short round," and surface seasonal upkeep on the right week automatically. The **Weekly Reset** folds the quick tidy into your Sunday, so you never start from a pile.

3 · Your Body & Energy

The everyday version: run the machine before you ask it to perform.

The signal — you're running on caffeine and willpower, and quietly wondering why everything feels harder than it should.

Do this now

- Drink a full glass of water before your first coffee. → **Habit Tracker**
- Plan two or three simple meals for the week and build the grocery list straight from them. → **Meal & Food systems**
- Pick one honest bedtime and protect it tonight — the phone goes to bed first. → **Habit Tracker**
- Move your body once today. A walk counts. It all counts. → **Habit Tracker**
- Chop some veg or pack a few snacks so weekday eating is a choice you already made. → **Food system**

Now think about this

None of this is a diet or a fitness plan. It's making sure the basics aren't left to chance — because everything else you want to do, in every other area, runs on this power supply. When the battery is low, you don't get a worse day; you get a worse *version of you* showing up to a normal one.

What it really is — this is your **Health & Body** dimension — the most foundational of the eight, because it's the battery the other seven draw from. In the four zones, it's the **Body** zone: the ground the whole design stands on.

Why it matters — when your energy is unmanaged, every other area gets your depleted self. Protecting the basics isn't self-indulgent; it's what makes the rest of your life affordable. Rest and food and movement are inputs, not rewards you earn after everything else is done.

When it counts — daily for the basics, weekly for the planning. When meals or sleep keep collapsing under a busy week, that's the sign to give them a System.

The feature that runs it — the **Food** and **Meal** systems plan the week and build the grocery list for you; the **Habit Tracker** holds the small daily basics; and your **Life Wheel** shows whether Health & Body is charging or draining, week over week, so you catch a slide before it becomes a slump.

4 · Your Money

The everyday version: see it before it surprises you.

The signal — money feels stressful even when you're technically fine — because the stress is really about what you can't see.

Do this now

- Put every recurring bill, with its due date, on one page. Just the dates for now — not a budget. → **Bills & Renewals system**
- Cancel one subscription you haven't used in a month. → **Bills & Renewals system**
- Write down the next three expenses you already know are coming. → **Calendar & Reminders**
- Note any card credits, free trials, or renewals about to lapse. → **Bills & Renewals system**
- Note where your key money documents actually live — not the numbers, just where. → **Record**

Now think about this

You didn't make a single financial decision here. You made the picture *visible* — and most money stress is really visibility stress: the low background dread of what you're not looking at. Clarity is calming even when the numbers themselves aren't.

What it really is — this is your **Money** dimension of how life feels, run through your **Decision Systems** domain — where recurring choices get made once and written down instead of re-litigated. In the four zones, it lives in **Work & Money**.

Why it matters — a calendar of what's coming removes the specific fear of being blindsided, which is most of the weight. You can't make a calm decision about something you're avoiding looking at — so the looking, done gently and on a schedule, *is* the work.

When it counts — monthly, at a reset, plus a quick glance any week something changes.

The feature that runs it — the **Bills & Renewals** system keeps everything with a date on one page and flags what's about to lapse; the **Record** holds where the important documents live (never the numbers themselves, behind a privacy wall); and when a real decision is needed, **Find Help** points you to a licensed professional. *The app organizes and shows you the picture — it never gives financial advice, and it never plays your advisor.*

5 • Your Mind & Your Devices

The everyday version: protect your attention like it's the scarce thing it actually is.

The signal — your attention feels scattered, and you end days tired but unsure what you actually did with them.

Do this now

- Before your first scroll tomorrow, take sixty seconds of slow breathing. Start the day in your own thoughts. → **Mood check-in**
- Choose one hour today to be genuinely unreachable, and let it be fine. → **Ideal Week (a protected block)**
- When something upsets you, pause before reacting — even ten seconds changes the response. → **the Guide**
- Set your phone to grayscale, or move one attention-eating app off your home screen. → **An Inbox & digital system**
- Take one low-stimulation hour: no feeds, no video, no constant input. → **Drop to Your Floor**

Now think about this

Your attention is the raw material of every other area — you can't run your work, relationships, or money well on a mind that's been fragmented all day. Everything on your phone is engineered to spend that attention for you; reclaiming even a little of it is a real, slightly rebellious act of design.

What it really is — the calm side of this is your **Mind & Emotion** dimension of how life feels. The devices side is your **Digital Command Center** — one of the five domains of how life runs. Together they sit in the **Mind & People** zone.

Why it matters — a flooded mind can't run any of the other domains well, no matter how good your systems are. Lowering the input isn't avoidance; it's clearing the bandwidth the rest of your life is quietly starving for. What looks like "no focus" is very often a channel that's already full.

When it counts — daily, in small doses. When the noise is constant rather than occasional, that's the sign to set standing rules instead of fighting the same battle daily.

The feature that runs it — a quick **Mood** check-in names how you're actually doing; the **Inbox** and digital systems set your phone and email rules once; a protected block in your **Ideal Week** guards the unreachable hour. *And **In a Hard Moment** is there when a week turns heavier than a hard week — this is structure for an ordinary rough patch, never a substitute for real care.*

6 • Your People

The everyday version: relationships run on rhythm, not on good intentions.

The signal — the people who matter most keep getting the leftover, depleted version of you.

Do this now

- Message one person you've been meaning to reach — right now, before you finish this page. → **Connection system**
- Say no to one thing this week that you'd only be doing out of obligation. → **Commitments Queue**
- Name one boundary you'll keep this week, and actually tell the person it affects. → **Default Decisions**
- Put one real connection on the calendar — a call, a coffee, a walk. → **Calendar & Reminders**
- Log birthdays and anniversaries once, with a gift idea per person. → **Gifting & Occasions system**

Now think about this

Connection almost never fails because people stopped caring. It fails for lack of rhythm — the people who matter quietly get lost behind the people who are loud and the tasks that are urgent. Good intentions don't schedule themselves.

What it really is — this is your **Relationships** dimension of how life feels, held inside the **Mind & People** zone of how it all holds together — and one of the strongest predictors of whether a life *feels* well, no matter how the other areas score.

Why it matters — the relationships you protect on purpose are the ones that last; the ones you leave for "when things calm down" quietly fade, because things never calm down on their own. A boundary, said kindly, is what makes a connection sustainable instead of resentful.

When it counts — weekly for a small reach-out, and in the moment for a boundary or a thank-you.

The feature that runs it — the **Connection** system keeps the people who matter on a gentle cadence and surfaces who to reach out to before too much time passes; **Commitments Queue** and **Default Decisions** make the "no" easier by deciding your criteria once; and **Gifting & Occasions** means birthdays never arrive urgent.

7 • Your Work & Focus

The everyday version: protect the deep hours; let the shallow ones fend for themselves.

The signal — you're busy all day and still can't point to one thing you genuinely moved forward.

Do this now

- Block one 90-minute stretch for your most important work — phone in another room. → **A Deep-Work system**
- Keep a "done list" today: write down what you *finished*, not only what's left. → **Ledger**
- Tonight, stop mid-task instead of at a clean ending — you'll restart faster tomorrow. → **A Deep-Work system**
- Pair a boring task with something you enjoy — a coffee, a walk, good music. → **Life Admin Hour**
- Break a stalled big effort into this-week tasks with a clear next step. → **Life Project Runner**

Now think about this

You just did a few counter-intuitive things: you measured the day by what got *done* rather than what's left, you left a thread deliberately open, and you made the dull work a little rewarding. Each one works *with* how your mind actually operates rather than against it.

What it really is — this is your **Work & Craft** dimension, run through two domains — **Time Architecture** (protecting the block) and **Life Project Management** (moving the long work forward a piece at a time). It lives in the **Work & Money** zone.

Why it matters — a done-list answers the anxious end-of-day question — "did today even count?" — with evidence instead of a vague sense of falling behind. And protected deep hours are where the work you're proud of happens; everything else is motion that feels like progress but rarely is.

When it counts — daily for the block and the done-list; weekly to watch the longer work actually move.

The feature that runs it — the **Deep-Work** and **Weekly-Planning** systems protect and shape the hours; the **Life Admin Hour** gathers the dull tasks into one contained block; the **Life Project Runner** breaks big efforts into this-week tasks; and your **Ledger** becomes the done-list, remembering what each week actually moved.

8 · Your Direction & Meaning

The everyday version: point the week somewhere before it points itself.

The signal — you're getting plenty done, but you're no longer sure any of it is going anywhere.

Do this now

- Choose one word for this week — *calm, finish, gentle, brave* — and let it settle the close calls. → **Season**
- This weekend, ask three questions: what worked, what didn't, what needs to change. → **Weekly Reset**
- Write a short, kind note to the version of you who'll read it a month from now. → **The Letter**
- Pull one lesson from last month and name exactly how you'll use it this month. → **Take Stock**
- Keep a running list of what you've done and overcome — proof, for the days that feel like none. → **Ledger**

Now think about this

A week with a word behind it quietly makes a hundred small decisions for you. A week without one gets decided by whatever's loudest — and a string of those weeks is how people end up busy for years in a direction they never actually chose.

What it really is — this is your **Purpose & Meaning** and **Growth & Learning** dimensions, steered by your **Decision Systems**, closing the loop in the **Space & Meaning** zone. This is also where the three questions come home: reflection is how you check whether your life still *feels* right, *runs* well, and *holds* together — and adjust before drift becomes a year.

Why it matters — direction is what turns a pile of productive weeks into a life that's actually going somewhere. Reflection isn't journaling for its own sake — it's the steering wheel.

When it counts — a word at the start of each week; a short review at the end; a longer look each season.

The feature that runs it — your **North Star** and **Season** set the direction and the one-word focus; the **Weekly Reset** and **Week Audit** close each loop; **The Letter** carries your note to future you; **Take Stock** and **Patterns** surface the lessons; and the three **Wheels** show you, in four minutes, exactly where your life stands, runs, and holds together.

9 • Your Long Game

The everyday version: give the big, non-urgent things a lane before the urgent ones eat them.

The signal — the things that actually matter to you keep losing to the things that are merely due.

Do this now

- Pick one long project and name its very next physical action — not the whole plan, just the next step. → **Life Project Runner**
- Write one goal for this quarter and the single sign that tells you it's moving. → **Goals & Quarterly-Review system**
- Queue the things you want to read or learn, and let just one surface this week — never the whole pile. → **Learning & Curiosity Rotation**
- Add one image or line to a picture of where you're headed. → **Vision Board**
- Turn a vague "I should really..." into a step-by-step plan you can actually start. → **Build Layer**

Now think about this

Urgent always beats important — unless important is given a protected lane of its own. The big things in a life rarely fail loudly; they fail quietly, by never quite getting a turn.

What it really is — this is your **Growth & Learning** and **Purpose & Meaning** dimensions, run through the **Life Project Management** domain. It's the long horizon, broken into pieces small enough to actually move.

Why it matters — a goal without a next action is just a wish, and a wish reviewed only when you're anxious about it never progresses. Rhythm beats willpower here more than anywhere.

When it counts — a next action weekly; a real review each quarter, on a schedule rather than a mood.

The feature that runs it — the **Life Project Runner** breaks big efforts into this-week tasks; the **Goals & Quarterly-Review** system reviews the long work on a rhythm; the **Learning & Curiosity Rotation** surfaces one thing to learn at a time; the **Vision Board** keeps your North Star visible; and the **Build Layer** turns an intention into an installable, step-by-step plan.

10 • Your Digital Life

The everyday version: your files and accounts are a room too — and it's usually the messiest one.

The signal — you lose minutes every week hunting for the same file, the same password's location, or the same email.

Do this now

- Decide the one place you'll look *first* for any file or note — and the one place *second*. → **A Files & Notes system**
- Empty your head into a single capture spot instead of twelve open tabs and sticky notes. → **Brain Dump**
- Give every stray thought, photo, and voice note one inbox to land in. → **Universal Inbox**
- Inventory your key accounts and where the important documents live — labels and locations only, never the numbers. → **Security & Accounts system**
- Before anything new comes in — an app, a subscription, a gadget — let something old leave. → **One-In, One-Out system**

Now think about this

A scattered digital life taxes every single task that touches it — and almost everything now touches it. Ten minutes of "where did I put that?" a day is an hour a week you never chose to spend.

What it really is — this is your **Digital Command Center**, one of the five domains of how life runs, sitting in the **Mind & People** zone. It's the quiet infrastructure the rest of your day depends on.

Why it matters — you can't run a calm life on top of a chaotic filing system. Order here isn't about being tidy for its own sake; it's about removing the hundred tiny frictions that drain your attention before the real work starts.

When it counts — a recurring triage, one surface at a time — not a heroic weekend overhaul that never sticks.

The feature that runs it — the **Files & Notes** and **Security & Accounts** systems give everything one home and a review cadence; **Brain Dump** and the **Universal Inbox** catch the loose stuff before it scatters; and the **One-In, One-Out** system keeps the digital pile from quietly growing again.

11 · Your Gatherings & Getaways

The everyday version: the good stuff — people over, a trip away — deserves a plan so it stays good.

The signal — hosting or travel turns things you were looking forward to into a stressful scramble.

Do this now

- Plan your next gathering the same calm way every time: guests, menu, shopping run, prep timeline. → **Hosting system**
- Log the birthdays and anniversaries coming up, with one gift idea per person kept all year. → **Gifting & Occasions system**
- For your next trip, build the packing list from what you actually wear, not from scratch. → **Wardrobe & Packing + Trip systems**
- Keep a want-to-try list and a favorites rotation, so "where should we go?" is already answered. → **Dining system**
- For a big event or a heavy season, start from a ready-made checklist instead of a blank page. → **Kits**

Now think about this

The joyful parts of a life collapse under logistics unless the logistics get handled once and reused. A good host isn't calmer by nature — they're working from a plan they've run before.

What it really is — this is your **Relationships** and **Home & Environment** dimensions, run through the **Life Logistics** domain. It's the machinery that lets the warm moments actually feel warm instead of frantic.

Why it matters — the difference between a gathering you enjoy and one you endure is almost never the food — it's whether the plan existed before the day arrived. Structure is what buys you back the presence to actually be there.

When it counts — per event or per trip — and the real payoff is that each one becomes a template that makes the next one easier.

The feature that runs it — the **Hosting, Gifting & Occasions, Trip, Wardrobe & Packing**, and **Dining** systems each plan one kind of occasion the same calm way every time; and **Kits** step you through the bigger moments — a wedding, a move, a new baby — one piece at a time.

Put it together: the weekly loop

Here's the quiet magic of everything above. Do any one of these things once and it helps for a day. String a handful together into a short weekly ritual and they stop being tasks and start being a **system** — the thing that carries you on the weeks when motivation simply doesn't show up. In the app, that ritual has a name: the **Weekly Reset**, the heartbeat of The Deliberate Week.

A well-designed week has a simple shape, and you already have all the pieces:

- **Look back.** What worked, what didn't, what you learned. No scoring, no scolding. → **Week Audit**
- **Look in.** How are you doing across the eight areas — body, mind, people, work, money, home, growth, meaning? → **the Life Wheel**
- **Look forward.** The one word for the week, the two or three priorities, tomorrow's first task. → **Season & Daily Anchor**
- **Reset the small stuff.** The space, the food, the bills-on-a-page — so the week doesn't start in a hole. → **your Systems**

Fifteen honest minutes, once a week. Everything in this primer is one piece of that loop — and the loop is what a well-designed life actually runs on.

The app behind the primer

Everything you practiced by hand in this primer has a home in **The Deliberate Week**. The difference between a checklist and the app is that the app *remembers* and *runs itself* — the tidy sprint becomes a Home system that surfaces its own next round; the bills-on-a-page becomes a standing view that warns you before anything's urgent; the weekly word and review become a loop that carries your whole year.

Most people don't need more motivation — they need their life to be *run*, visibly, on purpose, one week at a time. That's what the app is: a personal operating system for an ordinary life. It gives you three things:

- **A picture of where you actually stand** — three Wheels, three questions: how life feels, how it runs, whether it holds together.
- **A weekly loop that closes** — design the week, live it, close it; the close feeds the next one, and nothing is lost.
- **A place for the things that hold a life** — the Record, In Case of Need, your Systems and Kits.

The promise underneath all of it: **it never nags, it never gamifies, and there's always a floor to drop to on a hard week**. And it's structure, never advice — for anything medical, legal, or financial, it organizes the pieces and points you to the right licensed professional; it never plays one.

The whole thing, in one line: free tools → a \$9-\$39/month membership → one-time unlocks if you'd rather not subscribe. One account carries all of it, and a paid tier is never charged twice for something you could buy once.

Start here: take one wheel — four minutes, no account — and see where your life actually stands today. Then let the week run itself from there.

The Deliberate Week · a well-designed life, one week at a time · deliberateweek.app

Every feature, at a glance

Everything in this primer, and everything around it, in one place. You never need all of it — start with one wheel and one small move. But when you're ready to go deeper, here's the whole app.

The weekly loop — the free core

FEATURE	WHAT IT DOES
Your Week	Set the week's few priorities and each day's one anchor
Weekly Intentions	Name the week's focus and its one-word theme
The Ritual & Weekly Reset	The close-the-week loop — look back, look in, look forward, reset
Reflect & Week Audit	The honest look back: what worked, what didn't, what you learned
Daily Anchor & Daily Notes	The one thing today, and a line on how it actually went
Mood check-in	A quick, gentle read on how you're really doing
Drop to Your Floor	The minimum-viable week for the weeks that fall apart
Past Weeks	Every closed week, kept — nothing is ever lost
Calendar & Reminders	Your dates and nudges, gathered in one place

Where you stand — the three Wheels

FEATURE	WHAT IT DOES
Life Wheel (8 Dimensions)	How life <i>feels</i> — a quick slider or the full read, with your Composite Lifestyle Index
Operations Wheel (5 Domains)	How life <i>runs</i> — your POI score and the one domain most worth your attention
Integration Wheel (4 Zones)	Whether it <i>holds together</i> — the PII, four zones, and your archetype
Wheel chooser	Three wheels, three questions — pick where to start
The Snapshot	A fuller scored read of where you stand
Executive Dashboard	Your whole picture at a glance, in one view

Set your direction

FEATURE	WHAT IT DOES
North Star & Direction	The long horizon, named — what all of this is for
Your Season	The current 8-12 week chapter you're focusing on
Operating System	The hub that holds your installed Systems together
Build Layer	Step-by-step plans to install a system without overwhelm
Life-Design Studio	Map and compare the possible paths in front of you
Compass	A deeper direction-setting tool for the bigger turns

Capture — get it out of your head

FEATURE	WHAT IT DOES
Brain Dump	Empty your head onto the page; the Guide sorts it for you
Universal Inbox	One place for every stray thought, photo, or voice note
Email Replies	Reply to an app email and it files straight to your week
Life Admin Hour	Gather the small recurring tasks into one contained hour
Handoff	Hand your week to someone else while you're away

Record & memory — the things that hold a life

FEATURE	WHAT IT DOES
The Record	Where the important things live — pointers and contacts, never secrets
In Case of Need	The emergency-ready subset your people could actually find
Sharing & Support Access	Who can see what, always behind the privacy wall
The Ledger	Every closed week and win, kept and searchable
Patterns	What your weeks quietly reveal over time
Decision Log	Choices made once, written down, so they're not re-made three times
The Letter	Your recurring, kind note to future you
Wellness Tracker	The health basics, tracked simply over time
Journal	Journal, Open Page, Goals, Habits, and Vision Board — in one hub
Find Your Clarity	A guided written-reflection sequence for when you're stuck
Take Stock	A structured read of exactly where things stand right now
Print & Exports	Printable editions of a plan, the Record, or a season in review

Systems & Kits — automate the everyday

FEATURE	WHAT IT DOES
Systems	31 installable routines that run the everyday — Food, Home, Bills, Connection, Deep-Work and more
System Builder	Build your own routine when none of the ready-made ones fit
Kits	19 step-by-step kits for a transition or hard season (13 free, 6 premium)

Reading, planners & keepsakes

FEATURE	WHAT IT DOES
The book	Personal Life Management — the full method, in long form
The Digital Planners	Beautiful printable planners, buyable even without an account
The Starter Workbook	A twelve-page workbook — your compass, five weekly spreads, and the shelf
Exports & Keepsakes	Printable editions of a plan, the Record, a canvas, or a season in review
The Letter	A calm, regular letter from The Well Designed Life Co. — free to subscribe
Guides & primers	Free starter guides like this one — the method in small, practical pieces

Look outward

FEATURE	WHAT IT DOES
Resource Apothecary	Curated resources, plus Ask the Apothecary for open questions
Worth Knowing	A calm daily headline line — informed without the doomscroll
Find Help	The licensed-professional directory the firewall points you to
Admin Playbooks	Plain how-to playbooks for life's recurring admin tasks

Help & safety

FEATURE	WHAT IT DOES
The Guide	The in-app helper that sorts, drafts, and points — never advises
Help / How-Do-I	Plain answers about using the app
Need a Nudge	Optional micro-actions to add to your week — or not
In a Hard Moment	Immediate crisis support and 988 routing, always one tap away

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