

One designed week.

The four moves, and one spread to fill.

One week to try, on one page. Read the four moves, then fill the spread overleaf. If it holds, the full workbook carries five of these and your compass.

ONE — LOOK BACK

What went well, what didn't, and what you learned. Three lines, no more.

TWO — THE FEW THAT MATTER

Name three priorities for the week. Everything else is weather.

THREE — DAILY ANCHORS

One anchor a day. A single thing that, done, makes the day count.

FOUR — CLOSE

What you're carrying forward, and what you're leaving behind.

Fill the spread by hand, or let the app fill it for you at deliberateweek.app.

A DELIBERATE WEEK

The weekly spread

Week of _____

ONE — LOOK BACK

WHAT WENT WELL

WHAT DIDN'T

WHAT YOU LEARNED

TWO — THE FEW THAT MATTER

THREE — DAILY ANCHORS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FOUR — CLOSE

CARRYING FORWARD

LEAVING BEHIND
