

DAY 7: LOCK IT IN

Without a system, you go backwards.

What I Need to Keep Doing

What habits or actions matter most?

My Weekly Reset Plan

How will I reset each week?

My 3 Non-Negotiables

- 1.
- 2.
- 3.

My Weekly Reset Plan

How will I reset each week?

Today's Takeaways:

Consistency beats intensity.

Today's Action

Stick to the system.