

Personal Operating System

Your life, connected on one page.

My next 90 days:

to

Use short answers. Revisit weekly. Adjust when life changes.

01 VALUES

What should guide my decisions?

03 TWO SUPPORT SYSTEMS

1. Action, tool or boundary + when:

2. Action, tool or boundary + when:

05 NOT NOW

What can wait so my focus has room?

Postponing is a conscious choice.

07 WEEKLY REVIEW / 10 MIN

What mattered most this week?

What moved forward?

Where did friction repeat?

What needs less, not more?

What is my next clear decision?

02 ONE 90-DAY FOCUS

The meaningful change I want:

I will notice progress when:

04 MINIMUM VIABLE ROUTINE

On a busy week, enough looks like:

Keep it small enough to repeat.

06 WHEN PLANS CHANGE

RESET / What can I release or reduce?

ONE PRIORITY / What still matters?

RECOVERY / What helps? Reassess when?

08 MY NEXT STEP

Next week, my one priority is:

My next small action is:

I will do it on / at:

Weekly review day / time: