

One page. The whole journey. Dog-ear it, and come back whenever you lose the thread.

Part 1 – Letting Go (Weeks 1–2): Create space.

- Week 1: Life Audit & Vision – face where you are, sketch where you want to go.
- Week 2: Physical & Digital Declutter – ditch the junk that’s stealing your energy.

Part 2 – Uncovering (Weeks 3–4): Know yourself.

- Week 3: Values & Mindset – find your non-negotiables, confront the Mindset Monsters.
- Week 4: Life Areas & Energy – find out exactly where you’re leaking power.

Part 3 – Creating (Weeks 5–8): Build your systems.

- Week 5: Space – get your environment on your side.
- Week 6: Time – design your ideal week, learn to say no.
- Week 7: Work – build your command centre, protect deep focus.
- Week 8: Money – point your spending at what you actually value.

Part 4 – Implementing (Weeks 9–10): Make it real.

- Week 9: Habits & Boundaries – make the changes stick, draw the lines.
- Week 10: Review & Refine – course-correct, calmly.

Part 5 – Deepening (Weeks 11–12): Make it last.

- Week 11: Integration & Simplification – find your minimum effective dose.
- Week 12: Celebration & Future Pacing – lock in the gains, plan the road ahead.

After that: the Tools & Resources arsenal and a chapter on using AI as your thinking partner. Then the rest of your life. No pressure.

Where am I right now? Week _____ Date started: _____