

# The 7-Day Focus Plan: Master Your Minutes in Real Life

Try one of the 3 hacks each day this week. Map out when and how you'll use it — and what it's for.

DAY	HACK	TIME	WHAT
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

# Weekly Reset: Reflect. Refocus. Repeat

## **What worked well?**

What boosted your focus, reduced stress, or helped you stay on track?

# Weekly Reset: Reflect. Refocus. Repeat

## **What didn't work — and why?**

Was it timing, energy, distractions, or something else?

# Weekly Reset: Reflect. Refocus. Repeat

## What will you tweak or keep for next week?

Decide what stays, what shifts, and what support you need.