

Practice Corner

Quit-to-Commit Sprint — Field Workbook

A 6–8 week guide to test a pivot, honor what you’re leaving, and commit with clarity.

How to Use (print or annotate; fill checkboxes and lines; revisit weekly)

Name: _____

Sprint Dates: _____

My Season Commitment (next 6 months)

Overview & Signals

Judge fit using three friendly signals during your sprint:

- Post-task energy recovers or rises
- Learning density stays high (daily insights)
- Relational pull from credible peers/users

Quick Daily Log — Legend

Energy: 1 2 3 4 5

Mood: :) :| :(

Signals to note:

Energy / Learning / Relational pull

Daily Decision Journal

Day 1

- Built / Served
- Published
- Conversation

Energy (1-5): 1 2 3 4 5 Mood: 1 2 3 4 5

Today I learned

Day 2

- Built / Served
- Published
- Conversation

Energy (1-5): 1 2 3 4 5 Mood: 1 2 3 4 5

Today I learned

Day 3

<input type="checkbox"/>	Built / Served
<input type="checkbox"/>	Published
<input type="checkbox"/>	Conversation

Energy (1-5): 1 2 3 4 5

Mood: 1 2 3 4 5

Today I learned

Day 4

<input type="checkbox"/>	Built / Served
<input type="checkbox"/>	Published
<input type="checkbox"/>	Conversation

Energy (1-5): 1 2 3 4 5

Mood: 1 2 3 4 5

Today I learned

Daily Decision Journal

Day 5

- Built / Served
- Published
- Conversation

Energy (1-5): 1 2 3 4 5

Mood: 1 2 3 4 5

Today I learned

Day 6

- Built / Served
- Published
- Conversation

Energy (1-5): 1 2 3 4 5

Mood: 1 2 3 4 5

Today I learned

Day 7

<input type="checkbox"/>	Built / Served
<input type="checkbox"/>	Published
<input type="checkbox"/>	Conversation

Energy (1-5): 1 2 3 4 5

Mood: 1 2 3 4 5

Today I learned

Day 8

<input type="checkbox"/>	Built / Served
<input type="checkbox"/>	Published
<input type="checkbox"/>	Conversation

Energy (1-5): 1 2 3 4 5

Mood: 1 2 3 4 5

Today I learned

Week 1 — Ambition Autopsy

What drew me to this goal originally?

What this path gave me (skills, people, meaning)

Costs I'm no longer willing to pay

Week 2 — Exit & Entry Criteria

Exit Criteria (signals to stop)	Entry Criteria (signals to commit)
<input type="checkbox"/> Persistent post-task energy drain	<input type="checkbox"/> 2+ independent requests to continue
<input type="checkbox"/> Values misalignment that won't change	<input type="checkbox"/> Energy $\geq 3/5$ after core tasks for 10 days
<input type="checkbox"/> Market signal too weak / wrong users	<input type="checkbox"/> Weekly learning density remains high
<input type="checkbox"/> No credible relational pull	<input type="checkbox"/> Credible sponsor or collaborator emerges
<input type="checkbox"/> Learning has plateaued for 3+ weeks	<input type="checkbox"/> Clear path to credibility (dates, artifacts)
<input type="checkbox"/> Opportunity cost too high	<input type="checkbox"/> Runway secured for 3–6 months

Week-5 Review Date & Threshold Rule

Week 3 — Bridge Goal 1

Hypothesis (who I serve, how I create value)

User / Partner	Deliverable / Artifact	

Signals to Observe (energy, learning, relational pull)

Today's Tasks

Week 4 — Bridge Goal 2

Hypothesis (range exploration)

User / Partner	Deliverable / Artifact	

Signals to Observe (energy, learning, relational pull)

Today's Tasks

Season Map (12 Months)

Explore Season (now)	Consolidate Season (choose & build)	

Harvest Season (ship & celebrate)

Week 5 — Evidence-Weighted Review

Energy after work: 1 2 3 4 5	
Learning density: 1 2 3 4 5	
Relational pull: 1 2 3 4 5	

Artifacts & Outcomes Reviewed

Decision (Commit / Extend 2 weeks) & Rationale

Week 6 — Transition Plan

Finish Obligations (dates & deliverables)	Runway (budget, revenue bridge)	

Artifacts to Publish (prove direction)

Internal Practices (sleep, self-talk, boundaries)

Week 7 — Conversation Scripts

Manager / Co-founder Script (gratitude, fit, plan, ask)

Loved Ones Script (two futures, feelings, request)

Follow-ups & Boundaries

Week 8 — Commit Ceremony & First 4 Weeks

- Publish 1-page Field Note
- Block deep work & rest
- Announce 6-month focus

North-Star Artifact (due in 4 weeks)	Relationship to Nurture	

Letter to Future Self (3-month check-in)

Weekly Metrics (8 Weeks)

Week	Shipped	Key Learnings	Energy Avg	Relational Pull

Emotional Granularity Word Bank

Words I Actually Use (build your list)	When I feel this, I will...	

Label in the Moment (scripts)

Self-Compassion Reset (3 steps)

- Acknowledge: This is hard, and that makes sense.
- Normalize: Others face this too.
- Support: One kind action now.

Notes & scripts I'll use with myself

After-action review (when I slip up)

Sunk-Cost Spotting

Common Triggers (check what's true)

- I've invested too much to stop now
- People will think I quit
- I can fix this with more effort
- I'm almost there...

My Prewritten Rule (thresholds to obey)

When the voice appears, I will...

AI Task Mix Canvas

Tasks to Automate / Assist (tools)	Human Strengths to Feature (judgment, synthe	

Bridge Goal Ideas Using This Mix

