

Owner name and contact

Value Sentence Designer

Choose one sentence in present tense that captures what matters this month. Keep it short. Make it actionable today. Test it with three questions. Can I prove this with a five minute action. Does it protect what I care about. Will I be proud to read this line in one year.
My value sentence

Why this sentence matters now

Three five minute proofs I can do today

What could get in the way and how I will handle it

Notes

Week One Day 1

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week One Day 2

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week One Day 3

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week One Day 4

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week One Day 5

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week One Day 6

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week One Day 7

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week 1 Review

Look back at your daily proofs. Notice patterns. Name what helped. Decide one adjustment for the next week. Write one sentence that changes how you will act.

Evidence I am proud of

What helped

What I will tweak next week

One sentence that changes my next week

Week Two Day 8

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week Two Day 9

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week Two Day 10

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week Two Day 11

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week Two Day 12

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week Two Day 13

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week Two Day 14

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week 2 Review

Look back at your daily proofs. Notice patterns. Name what helped. Decide one adjustment for the next week. Write one sentence that changes how you will act.

Evidence I am proud of

What helped

What I will tweak next week

One sentence that changes my next week

Week Three Day 15

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐	☐	☐	☐	☐
1	2	3	4	5

Signature

Notes

Week Three Day 16

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week Three Day 17

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week Three Day 18

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week Three Day 19

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week Three Day 20

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week Three Day 21

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week 3 Review

Look back at your daily proofs. Notice patterns. Name what helped. Decide one adjustment for the next week. Write one sentence that changes how you will act.

Evidence I am proud of

What helped

What I will tweak next week

One sentence that changes my next week

Week Four Day 22

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week Four Day 23

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week Four Day 24

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week Four Day 25

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week Four Day 26

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week Four Day 27

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week Four Day 28

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week Four Day 29

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week Four Day 30

Use this page to set your small action in the morning and to record proof in the evening. Keep your value sentence visible.
Value sentence

Small action that proves it today

☐ Morning anchor completed ☐ Micro act completed ☐ Evening proof logged
Start time

Context cue I will use

Felt like me

Felt unlike me

Avoided that would have felt like me

Today I proved it when

Felt alignment rating one to five

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

Signature

Notes

Week 4 Review

Look back at your daily proofs. Notice patterns. Name what helped. Decide one adjustment for the next week. Write one sentence that changes how you will act.

Evidence I am proud of

What helped

What I will tweak next week

One sentence that changes my next week

Algorithm Audit Worksheet

Reset your digital inputs so attention serves your values. Change one setting at a time. Move feeds to the last screen. Batch notifications. Unfollow accounts that pull you from your compass. Follow voices that support depth and care.

App or feed	Current default	Change I commit	Done
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			☐

Calendar Archaeology Worksheet

Review the last two weeks. Mark entries that gave energy and entries that drained energy. Use the findings to protect time that matters and to adjust what you can.

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Mon	Tue	Wed	Thu	Fri	Sat	Sun

Boundary and Request Practice

Prepare a clear request. Rehearse until it feels natural. Name what you are changing and pair it with a positive commitment.
Situation and context

What I need and why it matters

Exact sentence I will use

Positive commitment I pair with this request

Rehearsal reps

☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7	8	9	10

Notes and reflections

11	12

Fit Repair Conversation Planner

Prepare a calm conversation about role fit. Bring outcomes you deliver and conditions that enable excellence. Propose one clear adjustment.

Outcomes I deliver

Constraints that limit quality

Proposed adjustments and benefits

Next step and date

Notes

Moral Residue Repair

Name the event. Acknowledge the standard you wished to meet. Plan a repair and a process change that prevents repeat.
Event and context

Standard and why it matters

Repair steps and who I will inform

Process change to prevent repeat

Reflections

Date

Today I proved it when Alignment ratings

Reminder date

Write your letter

Maintenance Plan

Keep the morning anchor and the evening anchor. Refresh the value sentence monthly. Audit algorithms at the start of each month. Run a fit check each quarter.

Morning anchor plan

Evening anchor plan

Monthly algorithm audit date

Quarterly fit check items

Notes
