

1. DUAL-TRACK DAILY HABIT LOG

Monday	Midnight Passion (30m): _____	Survival Engine (60m): _____
Tuesday	Midnight Passion (30m): _____	Survival Engine (60m): _____
Wednesday	Midnight Passion (30m): _____	Survival Engine (60m): _____
Thursday	Midnight Passion (30m): _____	Survival Engine (60m): _____
Friday	Midnight Passion (30m): _____	Survival Engine (60m): _____
Saturday	Midnight Passion (30m): _____	Survival Engine (60m): _____
Sunday	Midnight Passion (30m): _____	Survival Engine (60m): _____

2. CARVING THE 20% STRATEGIC BLOCKS

Block A — Direction Audit (60–90 min quiet weekly review):

Key insights & trajectory check: _____

Block B — Mastery & Mentors (External voice / case study):

Source studied & primary takeaway: _____

Block C — Horizon Scan (Emerging tools / industry shift):

Observed trend & strategic response: _____

3. THE D.E.A.R. CODE AUDIT

D — Differentiation: Did I build distinct value or copy hype? ☐ Unique ☐ Copy

E — Empowerment: Did I lean into natural strengths? ☐ Flow ☐ Drain

A — Authenticity: Was my work honest to real users? ☐ Grounded ☐ Fake

R — Resilience: Did I iterate through errors with calm? ☐ Forward ☐ Stalled

4. "FLIP THE COIN" PERSPECTIVE EXERCISE

The Friction / Disagreement: _____

My Assumptions (My Side): _____

Their Pressures & Needs (Other Side): _____

Collaborative Solution: _____

5. LIVING SYSTEM WEEKLY SPRINT

Next Week's Hypothesis: "What if I _____?"

7-Day Micro-Action & Success Metric: _____