Record these scripts in your voice

Use your phone or recording setup. Read slowly and naturally. Your own voice makes the instruction personal and strengthens the human-authored expression in the final audio product.

RECORDING NOTE

Leave two seconds of silence at the beginning and end. Record in a quiet room. Add only music or sound you created or properly licensed.

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Week 1: finish the important thing

THIS WEEK'S ONE RESULT

MIND	BODY	MONEY

MON	[ ] Main action	[ ] Body	[ ] Money
TUE	[ ] Main action	[ ] Body	[ ] Money
WED	[ ] Main action	[ ] Body	[ ] Money
THU	[ ] Main action	[ ] Body	[ ] Money
FRI	[ ] Main action	[ ] Body	[ ] Money
SAT	[ ] Main action	[ ] Body	[ ] Money
SUN	[ ] Main action	[ ] Body	[ ] Money

IF I GET OFF TRACK, MY NEXT ACTION IS

WEEKLY FACTS: WHAT WORKED, WHAT DID NOT, WHAT CHANGES

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Day 1: Name the finish line

Phase: START

TODAY'S MOVE

Choose one result that can be clearly finished in 30 days.

THE EXACT TIME AND PLACE I WILL DO IT

[ ] I started without waiting for perfect conditions.

[ ] I completed the action I wrote.

[ ] I recorded the truth before ending the day.

WHAT EXACTLY WILL EXIST WHEN THIS IS COMPLETE?

TOMORROW'S FIRST MOVE

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