

CHAPTER 15 - READY FOR WHATEVER COMES NEXT

The Weekly Loop Tracker

Fifteen minutes a week. Find one source, try one practice, share one thing.

Once a week, spend fifteen minutes doing three simple things. Not because more would be harmful, but because consistency beats intensity.

WEEK 1	Find: <i>one trusted source this week</i> Try: <i>one small practice</i> Share: <i>one thing learned, with one person</i>
WEEK 2	Find: <i>one trusted source this week</i> Try: <i>one small practice</i> Share: <i>one thing learned, with one person</i>
WEEK 3	Find: <i>one trusted source this week</i> Try: <i>one small practice</i> Share: <i>one thing learned, with one person</i>
WEEK 4	Find: <i>one trusted source this week</i> Try: <i>one small practice</i> Share: <i>one thing learned, with one person</i>

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WEEK

5

Find: *one trusted source this week***Try:** *one small practice***Share:** *one thing learned, with one person*

WEEK

6

Find: *one trusted source this week***Try:** *one small practice***Share:** *one thing learned, with one person*

WEEK

7

Find: *one trusted source this week***Try:** *one small practice***Share:** *one thing learned, with one person*

WEEK

8

Find: *one trusted source this week***Try:** *one small practice***Share:** *one thing learned, with one person***Weather changes every day. Climate shapes everything.**

Individual AI tools will keep changing, sometimes weekly. That is the weather. Your own thinking habits, built one small week at a time, are the climate. Keep your attention there.