YOUR NEXT MOVE

Choose what matters.

Set aside fifteen minutes. You do not need a perfect plan. Begin with honest answers and choose one priority for the next seven days.

1. What do you want, specifically?

2. Why does it matter to you now?

3. What is happening today?

4. What is one useful action within your control?

5. When will you act, and when will you review?

YOUR NEXT MOVE

Make room for the action.

Give your next move a clear finish, a place in your calendar and the support it needs. Choose a size that fits your actual week.

My priority for this week is:

The action I will complete is:

I will know it is done when:

I will do it on this date, at this time:

To make room, I will change or postpone:

The support or information I need is:

Example: By Friday at noon, I will write three questions about the role I want and contact one person who can help me understand it.

YOUR NEXT MOVE

Keep one promise.

Choose a specific commitment. Record what you did and what helped or got in the way. Use a missed action as information for your next adjustment.

My commitment is:

Day	What I did	What helped / hindered	Next adjustment
1			
2			
3			
4			
5			
6			
7			

Keep it specific: record the action, not a score for your worth as a person. If the same obstacle repeats, change the plan or ask for help.

YOUR NEXT MOVE

Review and adjust.

Take ten minutes at the end of the week. Look at the evidence, recognise progress and choose what deserves your attention next.

What moved forward?

What slipped, and what actually caused it?

What did I learn that changes the plan?

What is my first action for next week?

When is that action in my calendar?