The Weekly Standard

Keep one promise. Record the work. Adjust honestly.

Let your word mean something. Pick a responsibility you can carry, then follow through with humility.

01 Choose the responsibility

Choose one observable action. Someone should be able to tell when it is finished.

Week beginning

Review date

The promise I am keeping

Finished means

When and where it happens

Who this serves, and why

02 Prepare for the hard day

Name the obstacle before it arrives. A smaller, agreed action is different from quietly changing the standard afterward.

The most likely obstacle

What I will prepare beforehand

My planned action on a difficult day

Help I will ask for

How I restart after a miss

The Weekly Standard / Review & follow-through

03 Record seven honest days

Kept = the full standard. Adapted = the difficult-day action agreed above. Missed = neither. Leave unplanned days blank.

Day	What happened	One fact about the day
Monday	-	
Tuesday	-	
Wednesday	-	
Thursday	-	
Friday	-	
Saturday	-	
Sunday	-	

Days kept: _____ Adapted: _____ Missed: _____ Days recorded: _____

04 Review the evidence

Tell the truth, make any needed repair, and choose the next action. This is a record of behavior, not a measure of your value.

What helped me follow through?

What do I need to own or repair?

One change for next week

My next action and its deadline