



# 10 Hour Workweek

## CHECKPOINT

*Your 10-Hour Work Week, in real life.*

BONUS CALL #3  
AUGUST 27<sup>TH</sup> 2025

# *Drift or Deliberate?*

## **DRIFT WEEK**

- Reactive schedule
- Overwhelm creeping in
- Anchors not visible in calendar
- Depletion by Friday

## **DELIBERATE WEEK**

- Themed days mostly honored
- Anchors protected or practiced
- Energy + boundaries respected
- Alignment with priorities

Was your last week a Drift Week or a Deliberate Week?

What made it feel that way?

## **Anchor Score Revisit**

What actually showed up in your week?

### **INSTRUCTIONS:**

Rate each anchor 1–5

(5 = fully integrated, 1 = missing or neglected)

Write a moment of proof for each one:

Where did this anchor show up in my week?

What did it protect or help me do?

## SCORING + REFLECTION

# Anchor Revisit



### FINANCE ANCHOR

Score: \_\_\_\_\_

Where did it show up this week?

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### TEAM ANCHOR

Score: \_\_\_\_\_

Where did it show up this week?

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### HOME LIFE ANCHOR

Score: \_\_\_\_\_

Where did it show up this week?

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### EMOTIONS ANCHOR

Score: \_\_\_\_\_

Where did it show up this week?

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### SUPPORT ANCHOR

Score: \_\_\_\_\_

Where did it show up this week?

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### TIME & PLANNING ANCHOR

Score: \_\_\_\_\_

Where did it show up this week?

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## ANALYZE

# Anchor Audit



### FINANCE ANCHOR

What's working well?

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What's wearing me down?

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If nothing changes, how will I feel in Dec?

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### TEAM ANCHOR

What's working well?

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What's wearing me down?

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If nothing changes, how will I feel in Dec?

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### HOME LIFE ANCHOR

What's working well?

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What's wearing me down?

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If nothing changes, how will I feel in Dec?

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### EMOTIONS ANCHOR

What's working well?

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What's wearing me down?

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If nothing changes, how will I feel in Dec?

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### SUPPORT ANCHOR

What's working well?

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What's wearing me down?

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If nothing changes, how will I feel in Dec?

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### TIME & PLANNING ANCHOR

What's working well?

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What's wearing me down?

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If nothing changes, how will I feel in Dec?

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## How we all move forward on our own...

Use your Daily Calendar.

- “This was a gift at the retreat—now make it a tool you actually use. Keep it visible.
- Jot quick reflections. Let it anchor your days.”

Schedule a Monthly Review.

- “Pick one day each month—ideally during a lighter week—and block 1–2 hours.
- Use that time to go back through your workbook and follow-up materials.
- Ask: How am I doing? What do I want to re-center or tackle next?”

Be Kind. Celebrate small wins.

- Knowing where you really are lets you adjust with honesty instead of shame or guilt.
- Growth is about staying connected to what matters most.

YOUR  
10 Hour  
Workweek  
*is underway*

THE FOUNDATION IS BUILT.  
LEAD YOUR WEEKS LIKE YOU MATTER.

