

PRINTABLE WORKSHEET

Your One-Page System Framework

Turn a large goal into a repeatable system you can practice, track, review, and repair. Keep it small enough to survive a normal difficult day.

CORE IDEA

A goal shows the direction. A system keeps you moving when motivation fades.

1. Keep it honest.

Write the real answer, not the polished answer.

2. Keep it small.

If it only works on your best day, reduce it.

3. Review weekly.

Repair the system before attacking yourself.

Build the system before you chase the outcome

ONE PAGE

Copy these prompts into your notebook, or fill them directly on the printed page.

1

GOAL

What specific result do I ultimately want?

2

DIRECTION

Why does achieving this matter to me right now?

3

DAILY / WEEKLY ACTION

What exact behavior will I repeat?

4

CUE

When and where exactly will I do it?

5

ENVIRONMENT

What friction do I need to remove, or what do I need to make easier?

6

PROOF

How will I honestly track it?

7

REVIEW

When will I sit down to adjust the system if it breaks?

?

Weekly repair question

If this system breaks, what part needs repair - the action, the cue, the environment, the tracking, or the expectation?