

The 6-Week Challenge

Six weeks to move the framework from the page into practice. Work through the phases in order, and use the reflection space to capture how it went.

Weeks 1–2 · Your Weakest Principles

Go back to your self-assessment and find your two lowest scores. These are your starting point. Each morning, identify one specific way you will practise one of those principles that day. Each evening, reflect honestly on how it went.

Weeks 3–4 · The Full Framework

Expand your focus to all nine principles. Each day, choose one to pay deliberate attention to. Notice how the principles you strengthened in the first two weeks are already beginning to support the rest.

Weeks 5–6 · Integration

Choose one meaningful goal or commitment in your life right now and apply the full framework to it deliberately. Where do the principles support each other? Where are the gaps still showing? Each week, take ten minutes to reflect on what's working.

At the end of six weeks, complete the self-assessment again. Compare your scores to where you started, and look for evidence of movement in how you show up.

THE 6-WEEK CHALLENGE

Reflection

The scores tell you whether something moved. This is where you work out why. Answer honestly — this is for you, not for anyone else.

Which principle shifted the most over the six weeks? What changed?

Which one was hardest to practise, and what got in the way?

What surprised you?

What will you keep doing now the six weeks are over?
