

Yearly Outlook

Copy these planner pages as often as you need. They are the race, run on paper.

MY EASTWARD GAZE: YEARLY DIRECTION

The destination: what is the single most important thing I want to be remembered for this year? (The ship's one destination.)

THE MUST-BE

What is one thing I can be that I must be this year?

PAY YOURSELF FIRST (SHARPEST WATCH COMMITMENT)

The most important personal project I will schedule time for every single day.

THE NON-AGENDA (WHAT I WILL NOT DO)

Three things I am going to stop doing to free up time and energy.

☐ _____

☐ _____

☐ _____

Quarterly Check-In

Review the past 90 days. Rate each factor 1 (excellent) to 4 (needs attention).

Tortoise factor	Rating	Reflection
Direction Moving steadily toward the Eastward Gaze?		
Consistency Are the habits and routines working?		
Balance Sharpest watch protected, relationships healthy?		
Energy Energized, sustainable pace, no burnout?		

Total 4-8: steady progress, on course. 9-12: time for minor corrections. 13-16: reset; significant change needed.

THE SCORECARD

How did I treat others this quarter? How did I live my values in my key relationships?

RE-TUNING THE COMPASS

One minor adjustment for next quarter.

Monthly Preview

Month _____ Year _____

MONTHLY BIG ROCKS

Three milestones this month that keep me on the yearly path.

- ☐ _____
- ☐ _____
- ☐ _____

WHAT MIGHT KNOCK ME OFF COURSE?

Name it now, while the correction is cheap.

NOTES

Weekly Planning

Week of _____

WEEKLY INTENTIONS: CALL YOUR SHOTS

Five specific, measurable actions this week. Review Friday: done or missed; if missed, won't do or can't do?

- ☐ _____ Done / Won't / Can't
- ☐ _____ Done / Won't / Can't
- ☐ _____ Done / Won't / Can't
- ☐ _____ Done / Won't / Can't
- ☐ _____ Done / Won't / Can't

SHARPEST WATCH PROTECTION

Block a daily watch for the Pay Yourself First project.

WEEKLY LEARNING & ADJUSTMENT

One small adjustment to better align intentions with actions next week.

Daily Page

Day _____ Date _____

MORNING: REMOVE BEFORE FLIGHT

The single, deliberate first step this morning. Did yesterday's intentions happen? What do I intend today?

SHARPEST WATCH BLOCK

The one major task scheduled for my best hours.

NOON EXAMEN

On track: ☐ Yes ☐ No Having fun (energy from the work): ☐ Yes ☐ No

OPEN MINDED WATCH TASKS

- ☐ _____
- ☐ _____
- ☐ _____

EVENING REFLECTION

What small act of love or sacrifice did I practice today? What can I prep tonight to make tomorrow better?

Tortoise Practice. Greg Dyche. gregdyche.com