

A ONE-PAGE WORKSHEET

YOU ARE CAPABLE OF **MORE.**

RELENTLESS IMPROVEMENT

Reflect, adjust, and keep moving forward

RELENTLESS IMPROVEMENT

REFLECT, ADJUST, AND KEEP MOVING FORWARD

Getting better is not one big decision. It is noticing when you have drifted and correcting sooner than you did last time.

THE IDEA

On a long drive the goal is not to keep the car perfectly centered every second. Attention drifts, and small corrections happen constantly. Guardrails exist because engineers know people drift, and their purpose is to stop a small mistake from becoming a major problem. Most people do not end up off track because of one bad decision. They get there by drifting slightly further each week without noticing. The problem is rarely the first missed step. It is failing to make the correction.

WHAT IT IS NOT

This is not about believing you can improve. Almost everyone already believes that, and belief on its own has never changed a single week. It is also not about never drifting. Everybody drifts. The only thing that separates people is how long they stay drifted before correcting, and that is a number you can improve.

WATCH FOR IT HERE

- A habit you started well and quietly faded on, without deciding to stop.
- One missed day that turned into quitting the whole thing.
- The conversation you keep rerunning with a better version of what you should have said.
- A standard you used to hold that slipped so gradually you never noticed it go.

WORK IT THROUGH

Where have you drifted lately, and how long was it before you noticed?

Where is the line for you between reflecting on something and reliving it?

Where have you treated one missed day as proof you failed completely?

What is one thing you want to be measurably better at ninety days from now?

ONE ACTION THIS WEEK

Choose one area where you have drifted. Make the small correction now, instead of waiting until you are in the ditch.

WHO WILL ASK ME ABOUT IT, AND WHEN