

13 WEEKS

AT MY OWN PACE

A notebook from Les NeuroDivines

For brains that work differently

This notebook belongs to

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NOTHING TO PROVE

This notebook does not need to be filled in completely to be useful to you.

WHAT YOU ARE ALLOWED TO DO

- Skip days. The notebook waits for you. It does not judge you.
- Fill in a single line. One line is already an appointment with yourself.
- Start on day 1, on day 40, or start over three times.
- Use only the morning page. Or only the evening one.
- Write badly, briefly, crookedly. Nobody reads over your shoulder.

HOW IT WORKS

- First, your 3 focuses for the quarter. One or two is already plenty.
- Then a map, to see where you are at a glance.
- At the start of each week, a page to open it.
- Then 91 days. One page in the morning, one in the evening.
- A review at the end of every week.
- A quarterly review at the very end.

> *A half-filled notebook*
> *has still done its job.*

HOW TO PRINT

This file holds the whole notebook. Print it in two passes.

FIRST, PAGES 1 TO 9, ONCE ONLY

- The cover, Nothing to prove, and this page.
- Your 3 quarterly focuses and your 13-week map.
- The quarterly review, 2 pages, to keep for the very end.

THEN, PAGES 10 TO 25, THIRTEEN TIMES

- The week opener, 7 days morning and evening, then the review.
- In the print dialog: pages 10 to 25, 13 copies, collated.
- You can also print just one week at a time if you prefer.

TO SAVE PAPER AND INK

- Print double-sided: morning on one side, evening on the other.
- One sheet per day, 9 sheets per week.
- The grey fills are gone. Black and white works throughout.

TO PUT IT TOGETHER

- Hole-punch it into a binder, or have it spiral bound.
- Put the 2 quarterly review pages right at the end.

FOCUS 1

My focus for the next 13 weeks:

Why it matters to me:

I will know it is done when:

My very first step, the one that takes less than 15 minutes:

What will probably stop me, and what I do when it happens:

My steps:

- [ ] _____

  ROUGHLY BY WHEN: .....

- [ ] _____

  ROUGHLY BY WHEN: .....

- [ ] _____

  ROUGHLY BY WHEN: .....

- [ ] _____

  ROUGHLY BY WHEN: .....

FOCUS 2

My focus for the next 13 weeks:

Why it matters to me:

I will know it is done when:

My very first step, the one that takes less than 15 minutes:

What will probably stop me, and what I do when it happens:

My steps:

- [ ] _____

  ROUGHLY BY WHEN: .....

- [ ] _____

  ROUGHLY BY WHEN: .....

- [ ] _____

  ROUGHLY BY WHEN: .....

- [ ] _____

  ROUGHLY BY WHEN: .....

FOCUS 3

My focus for the next 13 weeks:

Why it matters to me:

I will know it is done when:

My very first step, the one that takes less than 15 minutes:

What will probably stop me, and what I do when it happens:

My steps:

- [ ] _____

  ROUGHLY BY WHEN: .....

- [ ] _____

  ROUGHLY BY WHEN: .....

- [ ] _____

  ROUGHLY BY WHEN: .....

- [ ] _____

  ROUGHLY BY WHEN: .....

MY MAP

13 WEEKS
91 DAYS

Left box: morning. Right box: evening. B: the weekly review.

	D1	D2	D3	D4	D5	D6	D7	B
W1	1 ☐☐	2 ☐☐	3 ☐☐	4 ☐☐	5 ☐☐	6 ☐☐	7 ☐☐	☐
W2	8 ☐☐	9 ☐☐	10 ☐☐	11 ☐☐	12 ☐☐	13 ☐☐	14 ☐☐	☐
W3	15 ☐☐	16 ☐☐	17 ☐☐	18 ☐☐	19 ☐☐	20 ☐☐	21 ☐☐	☐
W4	22 ☐☐	23 ☐☐	24 ☐☐	25 ☐☐	26 ☐☐	27 ☐☐	28 ☐☐	☐
W5	29 ☐☐	30 ☐☐	31 ☐☐	32 ☐☐	33 ☐☐	34 ☐☐	35 ☐☐	☐
W6	36 ☐☐	37 ☐☐	38 ☐☐	39 ☐☐	40 ☐☐	41 ☐☐	42 ☐☐	☐
W7	43 ☐☐	44 ☐☐	45 ☐☐	46 ☐☐	47 ☐☐	48 ☐☐	49 ☐☐	☐
W8	50 ☐☐	51 ☐☐	52 ☐☐	53 ☐☐	54 ☐☐	55 ☐☐	56 ☐☐	☐
W9	57 ☐☐	58 ☐☐	59 ☐☐	60 ☐☐	61 ☐☐	62 ☐☐	63 ☐☐	☐
W10	64 ☐☐	65 ☐☐	66 ☐☐	67 ☐☐	68 ☐☐	69 ☐☐	70 ☐☐	☐
W11	71 ☐☐	72 ☐☐	73 ☐☐	74 ☐☐	75 ☐☐	76 ☐☐	77 ☐☐	☐
W12	78 ☐☐	79 ☐☐	80 ☐☐	81 ☐☐	82 ☐☐	83 ☐☐	84 ☐☐	☐
W13	85 ☐☐	86 ☐☐	87 ☐☐	88 ☐☐	89 ☐☐	90 ☐☐	91 ☐☐	☐

Every box you tick is a day you listened to yourself.

QUARTERLY REVIEW

13 WEEKS
PART 1 OF 2

Quarter from: _____ **to:** _____

My 3 focuses: where I stand

01 _____

☐ Completed ☐ Under way ☐ Set aside

02 _____

☐ Completed ☐ Under way ☐ Set aside

03 _____

☐ Completed ☐ Under way ☐ Set aside

What I am proud of this quarter:

What I learned about the way I work:

My average capacity over the quarter:

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

QUARTERLY REVIEW

13 WEEKS
PART 2 OF 2

What costs me too much and I am stopping:

What I keep because it does me good:

What my nervous system needed most this season:

My intention for the next 13 weeks:

My very first step, the one that takes less than 15 minutes:



A reminder: listening to your own pace was the real work.

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MY WEEK

WEEK _____

This page is a helping hand, not an obligation.

Week of: _____

How this week connects to my quarterly focuses:

_____

My non-negotiables this week:

☐ _____

☐ _____

☐ _____

My appointments:

_____

_____

_____

_____

If I have the time and the energy:

☐ _____

☐ _____

☐ _____

What I need this week to hold up:

_____

MORNING

DAY _____
WEEK _____

Date: _____

How my body feels this morning:

_____

My capacity today:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What my nervous system needs today:

My intention:

_____

THE one thing that matters today:

If the capacity is there:

01 _____

02 _____

What I let go of today, without guilt:

EVENING

DAY _____
WEEK _____

How my body feels right now:

My actual capacity today was:

☐ Full capacity ☐ Reduced capacity ☐ Survival mode

What I did today, including what was not planned:

What came easily:

What cost me:

A moment when I felt good:

What supported my nervous system today:

☐ EAT ☐ MOVE ☐ DRINK ☐ LIGHT ☐ QUIET ☐ CONNECT ☐ SLEEP

What I set down here before sleeping:

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DAY _____
WEEK _____

Date: _____

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What I set down here before sleeping:

REVIEW

OF THE WEEK
WEEK _____

Week of: _____

What I moved forward on my focuses:

What I am learning about how I work:

What am I learning about what I need to support my goals?

My average capacity this week:

○ 1 ○ 2 ○ 3 ○ 4 ○ 5 ○ 6 ○ 7 ○ 8 ○ 9 ○ 10

A moment from this week I want to remember:

What I adjust for next week: