

 N • Nurture

Weekly Review

Nurture • Chapter Eight. Ten minutes a week, forever.

Maintenance is where most change quietly dies, and monitoring your progress works better the more often you do it. Six fixed questions, ten minutes, once a week, in the calendar with an alert on it like a real commitment. Because it is one.

1 • Maintenance Audit

 Deep dive

What could make your new habit fade, and the earliest warning signs.

My new behaviour or habit:

What could cause it to fade (events, moods, seasons):

Early warning signs it is fading:

What I'll do at the first warning sign:

2 • Minimum Maintenance Dose

The whole ladder is the dose: three sizes of the same change, written in advance. All three count, and the crisis version exists so that on your worst week the honest answer is still yes.

Standard version:

Bad-day version:

Crisis version (everything is on fire):

3 • Weekly Review

 Core

Ten minutes, once a week. The engine of lasting change. Set the slot, then answer the six questions each week.

My review day, time & place:

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Weekly Review

The six weekly questions

1. Did I do my Minimum Viable Start? How many days? 2. What worked well? 3. What got in the way? 4. What will I adjust next week? 5. What am I proud of, or grateful for? 6. What season am I in: Growth, Maintenance, Survival or Recovery?

4 • Celebration Log

Small wins go unrecorded by default. Track every one, no matter how small.

Date	Win (no matter how small)