YOUR NEXT MOVE.

One priority. One action. Make room for it in your week.

01 / THE GOAL

What do you want to be different?

Use your own words. Pick one thing to work on first.

02 / THE FRICTION

What usually gets in the way?

Name the actual obstacle, not a judgment about yourself.

03 / THE ACTION

What is one thing you will do this week?

WHEN AND WHERE

IF THE WEEK CHANGES, MY SMALLER VERSION IS...

PUT INTENT ON IT.

Fill this in privately. It does not send or submit your answers.

START WITH NATE

quantariperformance.com/start-with-nate

LOOK AT THE WEEK.

Use what happened to choose what comes next.

REVIEW DATE

01 / WHAT HAPPENED

What did you actually do?

WHAT HELPED?

WHAT GOT IN THE WAY?

WHAT WILL YOU REPEAT?

WHAT WILL YOU CHANGE?

MY NEXT ACTION + WHEN I WILL CHECK IN