



Day 3 - The Primary Move

“Direction reduces effort. One clear move changes everything”

1. Clearing the Noise

List everything that feels heavy, demanding, or unresolved right now.

2. Identifying the Primary Move

If you could move only one thing forward in the next phase, what would it be?

3. Why This Matters

What would become easier or unnecessary if this one move progressed?

4. The First Hour Rule

How could you give this priority the first hour of your day?

5. Commitment (Optional)

- I have chosen one Primary Move
- I know why this move matters
- I am willing to give it my first hour

Clarity doesn't come from doing more. It comes from choosing deliberately.