



Weekly Battle Rhythm Builder

Anchors • Habit Stacks • Fog-of-War • AAR tie-in

Pick 3–5 anchors for your week (for example: PT/Recovery, Deep Work, Admin, Family, Community). Assign a role to each day part (Morning, Midday, Evening). Stack habits to daily triggers so the routine is easy to start. Finally, set a Fog-of-War rule so when life hits, you switch to a minimum-viable version instead of zero.

Roles: Morning Focus | Midday | Evening

PT/Recovery

Deep Work

Admin

Family

Community

Critical Habits (stack & triggers)

Habit Stack Prompts (3)

- When I pour coffee, I open my deck and study 10 minutes, then mark it done.
- When [trigger], I will [habit], then [reward].
- When [trigger], I will [habit], then [reward].
- When [trigger], I will [habit], then [reward].

Fog-of-War Rule (contingency)

If _____ disrupts my plan, I switch to _____ (minimum viable) within 20 minutes and return to schedule at _____.

Weekly Sheet

Top 3 for the Week

- 1) _____
- 2) _____
- 3) _____

Mon	Fri
Tue	Sat
Wed	Sun
Thu	

Weekly AAR Done

Anchors kept: /

Schedule a
20-Minute Fit Call



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