

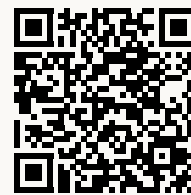
Free Download — Attention Is Currency (Worksheet)

Print it, tape it near your desk, and audit where your focus money goes. Reallocate toward high-ROI time.

Run the One-Week Experiment

Label Signal/Noise hourly, protect a 90-minute block daily, run a 10-minute weekly review. Then watch: what changes first—your results or your nervous system?

Scan or tap →



Open the Guide Online

A) Week Info

Name Week of Focus theme

B) Daily 90-Minute Block — Plan & Check (Mon–Sun)

Done	Start	Focus Target	Notes
Mon	<input type="text"/>	<input type="text"/>	<input type="text"/>
Tue	<input type="text"/>	<input type="text"/>	<input type="text"/>
Wed	<input type="text"/>	<input type="text"/>	<input type="text"/>
Thu	<input type="text"/>	<input type="text"/>	<input type="text"/>
Fri	<input type="text"/>	<input type="text"/>	<input type="text"/>
Sat	<input type="text"/>	<input type="text"/>	<input type="text"/>
Sun	<input type="text"/>	<input type="text"/>	<input type="text"/>

C) Signal / Noise — Daily Tallies & Top 3s

Top 3 Signals (today) Top 3 Noise Sources (today)

Hourly notes (quick wins / leaks spotted)

D) Weekly Review (10 minutes)

What created the most value this week?

What will I defund next week?

Next week 90-min block time (day & hour) I will invite more of...

I will allow less of...