

# CIRCLE LIVING



## 90-DAY WRITER'S PLANNER

*Silence the Noise. Bypass Your Fear. Finish Your Book.*

FOR AUTHORS

# THIS PLANNER BELONGS TO

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Name

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Writing Project / Working Title

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Genre / Category

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Quarter / Dates

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My SPARK Type

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*"The Signal was always there. This planner helps you hear it."*

# HOW TO USE THIS PLANNER

This is your personal operating system for the next 90 days. It is not a to-do list. It is a tool for returning to Signal when the Noise gets loud. Use it before you open your manuscript each morning. Bring it to your writing desk. Fill it honestly. At the end of the quarter, you will have a written record of your growth as a writer.

SECTION	PURPOSE	WHEN TO USE
<b>Quarterly Vision</b>	Set your 90-day writing goals	Day 1 of the quarter
<b>My SPARK Profile</b>	Identify your alarm patterns and the tools that interrupt them	Day 1, revisit monthly
<b>Weekly Planning</b>	Set priorities, name your Signal Block, plan the week	Every Monday morning
<b>Daily Signal Check-in</b>	60-second reset: voltage, purpose, and one Circle 1 action	Every day before you write
<b>Weekly Reflection</b>	What worked? What fired? What shifts next week?	Every Friday
<b>Monthly Review</b>	Track your metrics, celebrate wins, recalibrate	End of each month
<b>90-Day Closeout</b>	Full quarter review: growth, patterns, goals for next quarter	Last week of the quarter

## THE COVER CONNECTION

This planner is the physical operating system for the COVER Cascade you built in Chapter 11. Your Core Why lives in the Quarterly Vision. Your Signal Block lives in the Daily Check-in. Your Reflection questions live in the Friday close. Build COVER in fifteen minutes. Operate inside this planner for ninety days.

# SECTION 1: QUARTERLY VISION

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*"What does success look like 90 days from now?"*

## MY CORE WHY

Copy your Core Why statement from Chapter 2. Do not rewrite it. If you have not written it yet, answer this: Why does this book need to exist, and why are you the person who must write it?

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## MY 90-DAY WRITING GOALS

### MANUSCRIPT GOAL

*e.g., complete first draft, finish revision, write 25,000 new words, submit to 10 agents*

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### CRAFT GOAL

*e.g., eliminate adverb dependency, strengthen dialogue, fix pacing in Act 2, read 3 craft books*

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### ACCOUNTABILITY GOAL

*e.g., join a writing group, find a critique partner, share 3 chapters with a beta reader*

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### PERSONAL GROWTH GOAL

*e.g., manage the inner critic, protect the Signal Block 4 days per week, stop apologizing for writing time*

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### ONE WORD FOR THIS QUARTER:

Choose one word that captures your intention. Write it where you will see it every day.

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## SECTION 2: MY SPARK PROFILE

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Your SPARK type reveals your default alarm pattern when the writing gets hard. Knowing your type means you can interrupt the pattern before it hijacks your session. Take the SPARK assessment at [circle1living.com/spark](http://circle1living.com/spark) or reflect below.

TYPE	PATTERN	STRESS RESPONSE	SIGNAL PHRASE
<b>S Standard-Setter</b>	If I make it perfect, they can't hurt me	FREEZE (Perfectionism)	Good enough IS enough today
<b>P Provider</b>	I have no time because I am needed	FAWN (Over-giving)	I matter even when I rest
<b>A Adventurer</b>	This new idea is The One	FLIGHT (Novelty-seeking)	I will finish what I started
<b>R Reserved</b>	My voice doesn't matter	FREEZE + FAWN (Withdrawal)	My voice deserves to be heard
<b>K Knight</b>	The system is rigged against me	FIGHT (Combativeness)	I choose my battles wisely

**MY PRIMARY SPARK TYPE:**

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**MY SECONDARY PATTERN (if applicable):**

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**When I am under stress, my writing pattern shows up as:**

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**The Signal phrase I will use to interrupt this pattern:**

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**One person I trust to tell me when they see my pattern firing:**

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## SECTION 3: MY QUARTERLY METRICS TRACKER

Choose the metrics that matter most for YOUR project. Write your baseline (where you are now), your target (where you want to be in 90 days), and track monthly. Not every metric applies to every writer. Pick the 5-8 that are most meaningful.

METRIC	BASELINE (Day 1)	MONTH 1	MONTH 2	MONTH 3 (Day 90)
Total word count (manuscript)				
New words written per week (avg)				
Writing sessions completed per week				
Signal Block adherence (%)				
Morning Compass completion rate				
Chapters/sections completed				
Beta readers recruited				
Submissions / queries sent				
Pages revised				
Voltage at start of session (avg G/Y/R)				
Pattern interruptions caught (PIVOT count)				
_____				
_____				
_____				

## SECTION 4: WEEKLY PLANNING & DAILY SIGNAL CHECK-INS

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Each week has a planning page and daily check-in space. Use the Monday planning page to set your intention. Use the Daily Signal Check-in every morning before you open your manuscript. Use the Friday reflection to close the week with honesty.

**PHASE 1: TRIAGE & BASELINE**

**WEEK 1**

Dates: \_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_

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**TOP 3 PRIORITIES THIS WEEK**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**MY SIGNAL BLOCK THIS WEEK**

*Time, place, duration. This is not a goal. This is an appointment.*

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**MY SIGNAL REMINDER THIS WEEK**

*What is one thing I will return to when the Noise gets loud?*

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**MORNING CONTROL COMPASS (fill Monday, carry all week)**

<b>Circle 1 Task</b> (What I control today)	
<b>My Voltage</b> (Green / Yellow / Red)	
<b>Predicted Noise</b> (What will try to hijack my first hour?)	

## WEEK 1 — DAILY SIGNAL CHECK-INS

Complete each morning. 60 seconds. Before you open the manuscript.

<b>MONDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>TUESDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>WEDNESDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
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<b>FRIDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words

Weekly word count total: \_\_\_\_\_ | Signal Block sessions completed: \_\_\_\_ / 5

## WEEK 1 — FRIDAY REFLECTION

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**WHAT WENT WELL THIS WEEK (wins, breakthroughs, sentences that surprised you):**

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**WHAT DID NOT GO AS PLANNED (be honest, not harsh):**

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**WHEN DID MY SPARK PATTERN FIRE THIS WEEK? WHAT TRIGGERED IT?**

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**ONE THING I WILL DO DIFFERENTLY NEXT WEEK:**

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### WEEKLY ENERGY & WRITING CHECK

Overall energy level this week: 1 2 3 4 5

Writing session quality: 1 2 3 4 5

Pattern awareness (did I catch it?): 1 2 3 4 5

Alignment with my Signal: 1 2 3 4 5

**PHASE 1: TRIAGE & BASELINE**

**WEEK 2**

Dates: \_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_

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**TOP 3 PRIORITIES THIS WEEK**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**MY SIGNAL BLOCK THIS WEEK**

*Time, place, duration. This is not a goal. This is an appointment.*

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**MY SIGNAL REMINDER THIS WEEK**

*What is one thing I will return to when the Noise gets loud?*

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**MORNING CONTROL COMPASS (fill Monday, carry all week)**

<b>Circle 1 Task</b> (What I control today)	
<b>My Voltage</b> (Green / Yellow / Red)	
<b>Predicted Noise</b> (What will try to hijack my first hour?)	

## WEEK 2 — DAILY SIGNAL CHECK-INS

Complete each morning. 60 seconds. Before you open the manuscript.

<b>MONDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
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Weekly word count total: \_\_\_\_\_ | Signal Block sessions completed: \_\_\_\_ / 5

## WEEK 2 — FRIDAY REFLECTION

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**WHAT WENT WELL THIS WEEK (wins, breakthroughs, sentences that surprised you):**

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**WHAT DID NOT GO AS PLANNED (be honest, not harsh):**

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**WHEN DID MY SPARK PATTERN FIRE THIS WEEK? WHAT TRIGGERED IT?**

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**ONE THING I WILL DO DIFFERENTLY NEXT WEEK:**

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### **WEEKLY ENERGY & WRITING CHECK**

Overall energy level this week: 1 2 3 4 5

Writing session quality: 1 2 3 4 5

Pattern awareness (did I catch it?): 1 2 3 4 5

Alignment with my Signal: 1 2 3 4 5

**PHASE 1: TRIAGE & BASELINE**

**WEEK 3**

Dates: \_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_

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**TOP 3 PRIORITIES THIS WEEK**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**MY SIGNAL BLOCK THIS WEEK**

*Time, place, duration. This is not a goal. This is an appointment.*

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**MY SIGNAL REMINDER THIS WEEK**

*What is one thing I will return to when the Noise gets loud?*

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**MORNING CONTROL COMPASS (fill Monday, carry all week)**

<b>Circle 1 Task</b> (What I control today)	
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<b>Predicted Noise</b> (What will try to hijack my first hour?)	

## WEEK 3 — DAILY SIGNAL CHECK-INS

Complete each morning. 60 seconds. Before you open the manuscript.

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Weekly word count total: \_\_\_\_\_ | Signal Block sessions completed: \_\_\_\_ / 5

## WEEK 3 — FRIDAY REFLECTION

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**WHAT WENT WELL THIS WEEK (wins, breakthroughs, sentences that surprised you):**

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**WHAT DID NOT GO AS PLANNED (be honest, not harsh):**

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**WHEN DID MY SPARK PATTERN FIRE THIS WEEK? WHAT TRIGGERED IT?**

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**ONE THING I WILL DO DIFFERENTLY NEXT WEEK:**

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### WEEKLY ENERGY & WRITING CHECK

Overall energy level this week: 1 2 3 4 5

Writing session quality: 1 2 3 4 5

Pattern awareness (did I catch it?): 1 2 3 4 5

Alignment with my Signal: 1 2 3 4 5

# MONTH 1 REVIEW

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*"How am I tracking against my 90-day vision?"*

## METRICS CHECK-IN

Transfer your key numbers from this month into the Metrics Tracker (Section 3). Note any metrics trending in the wrong direction.

**Metrics trending UP:**

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**Metrics trending DOWN (and why):**

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## GOAL PROGRESS

Review your 90-day goals from Section 1. Rate your progress:

Manuscript Goal: 1 2 3 4 5

Craft Goal: 1 2 3 4 5

Accountability Goal: 1 2 3 4 5

Personal Growth Goal: 1 2 3 4 5

**ADJUSTMENTS FOR NEXT MONTH:**

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**ONE WIN I AM PROUD OF THIS MONTH:**

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### REMEMBER: CIRCLE 1 LIVING

You cannot control whether the plan works. You cannot control interruptions, emergencies, sick children, broken trucks, or editors who ghost you for three weeks. That is Circle 2 and Circle 3. You can control whether you showed up to the Signal Block. You can control whether you caught your pattern when it fired. That is Circle 1. And it is enough.

**PHASE 2: STABILIZE & FIX**

**WEEK 4**

Dates: \_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_

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**TOP 3 PRIORITIES THIS WEEK**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**MY SIGNAL BLOCK THIS WEEK**

*Time, place, duration. This is not a goal. This is an appointment.*

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**MY SIGNAL REMINDER THIS WEEK**

*What is one thing I will return to when the Noise gets loud?*

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**MORNING CONTROL COMPASS (fill Monday, carry all week)**

<b>Circle 1 Task</b> (What I control today)	
<b>My Voltage</b> (Green / Yellow / Red)	
<b>Predicted Noise</b> (What will try to hijack my first hour?)	

## WEEK 4 — DAILY SIGNAL CHECK-INS

Complete each morning. 60 seconds. Before you open the manuscript.

<b>MONDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
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<b>FRIDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words

Weekly word count total: \_\_\_\_\_ | Signal Block sessions completed: \_\_\_\_ / 5

## WEEK 4 — FRIDAY REFLECTION

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**WHAT WENT WELL THIS WEEK (wins, breakthroughs, sentences that surprised you):**

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**WHAT DID NOT GO AS PLANNED (be honest, not harsh):**

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**WHEN DID MY SPARK PATTERN FIRE THIS WEEK? WHAT TRIGGERED IT?**

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**ONE THING I WILL DO DIFFERENTLY NEXT WEEK:**

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### WEEKLY ENERGY & WRITING CHECK

Overall energy level this week: 1 2 3 4 5

Writing session quality: 1 2 3 4 5

Pattern awareness (did I catch it?): 1 2 3 4 5

Alignment with my Signal: 1 2 3 4 5

**PHASE 2: STABILIZE & FIX**

**WEEK 5**

Dates: \_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_

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**TOP 3 PRIORITIES THIS WEEK**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**MY SIGNAL BLOCK THIS WEEK**

*Time, place, duration. This is not a goal. This is an appointment.*

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**MY SIGNAL REMINDER THIS WEEK**

*What is one thing I will return to when the Noise gets loud?*

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**MORNING CONTROL COMPASS (fill Monday, carry all week)**

<b>Circle 1 Task</b> (What I control today)	
<b>My Voltage</b> (Green / Yellow / Red)	
<b>Predicted Noise</b> (What will try to hijack my first hour?)	

## WEEK 5 — DAILY SIGNAL CHECK-INS

Complete each morning. 60 seconds. Before you open the manuscript.

<b>MONDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>TUESDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
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<b>FRIDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words

Weekly word count total: \_\_\_\_\_ | Signal Block sessions completed: \_\_\_\_ / 5

## WEEK 5 — FRIDAY REFLECTION

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**WHAT WENT WELL THIS WEEK (wins, breakthroughs, sentences that surprised you):**

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**WHAT DID NOT GO AS PLANNED (be honest, not harsh):**

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**WHEN DID MY SPARK PATTERN FIRE THIS WEEK? WHAT TRIGGERED IT?**

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**ONE THING I WILL DO DIFFERENTLY NEXT WEEK:**

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### **WEEKLY ENERGY & WRITING CHECK**

Overall energy level this week: 1 2 3 4 5

Writing session quality: 1 2 3 4 5

Pattern awareness (did I catch it?): 1 2 3 4 5

Alignment with my Signal: 1 2 3 4 5

**PHASE 2: STABILIZE & FIX**

**WEEK 6**

Dates: \_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_

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**TOP 3 PRIORITIES THIS WEEK**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**MY SIGNAL BLOCK THIS WEEK**

*Time, place, duration. This is not a goal. This is an appointment.*

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**MY SIGNAL REMINDER THIS WEEK**

*What is one thing I will return to when the Noise gets loud?*

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**MORNING CONTROL COMPASS (fill Monday, carry all week)**

<b>Circle 1 Task</b> (What I control today)	
<b>My Voltage</b> (Green / Yellow / Red)	
<b>Predicted Noise</b> (What will try to hijack my first hour?)	

## WEEK 6 — DAILY SIGNAL CHECK-INS

Complete each morning. 60 seconds. Before you open the manuscript.

<b>MONDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>TUESDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>WEDNESDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>THURSDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>FRIDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words

Weekly word count total: \_\_\_\_\_ | Signal Block sessions completed: \_\_\_\_ / 5

## WEEK 6 — FRIDAY REFLECTION

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**WHAT WENT WELL THIS WEEK (wins, breakthroughs, sentences that surprised you):**

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**WHAT DID NOT GO AS PLANNED (be honest, not harsh):**

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**WHEN DID MY SPARK PATTERN FIRE THIS WEEK? WHAT TRIGGERED IT?**

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**ONE THING I WILL DO DIFFERENTLY NEXT WEEK:**

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### WEEKLY ENERGY & WRITING CHECK

Overall energy level this week: 1 2 3 4 5

Writing session quality: 1 2 3 4 5

Pattern awareness (did I catch it?): 1 2 3 4 5

Alignment with my Signal: 1 2 3 4 5

**PHASE 2: STABILIZE & FIX**

**WEEK 7**

Dates: \_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_

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**TOP 3 PRIORITIES THIS WEEK**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**MY SIGNAL BLOCK THIS WEEK**

*Time, place, duration. This is not a goal. This is an appointment.*

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**MY SIGNAL REMINDER THIS WEEK**

*What is one thing I will return to when the Noise gets loud?*

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**MORNING CONTROL COMPASS (fill Monday, carry all week)**

<b>Circle 1 Task</b> (What I control today)	
<b>My Voltage</b> (Green / Yellow / Red)	
<b>Predicted Noise</b> (What will try to hijack my first hour?)	

## WEEK 7 — DAILY SIGNAL CHECK-INS

Complete each morning. 60 seconds. Before you open the manuscript.

<b>MONDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>TUESDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
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<b>THURSDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>FRIDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words

Weekly word count total: \_\_\_\_\_ | Signal Block sessions completed: \_\_\_\_ / 5

## WEEK 7 — FRIDAY REFLECTION

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**WHAT WENT WELL THIS WEEK (wins, breakthroughs, sentences that surprised you):**

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**WHAT DID NOT GO AS PLANNED (be honest, not harsh):**

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**WHEN DID MY SPARK PATTERN FIRE THIS WEEK? WHAT TRIGGERED IT?**

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**ONE THING I WILL DO DIFFERENTLY NEXT WEEK:**

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### **WEEKLY ENERGY & WRITING CHECK**

Overall energy level this week: 1 2 3 4 5

Writing session quality: 1 2 3 4 5

Pattern awareness (did I catch it?): 1 2 3 4 5

Alignment with my Signal: 1 2 3 4 5

# MONTH 2 REVIEW

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*"How am I tracking against my 90-day vision?"*

## METRICS CHECK-IN

Transfer your key numbers from this month into the Metrics Tracker (Section 3). Note any metrics trending in the wrong direction.

**Metrics trending UP:**

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**Metrics trending DOWN (and why):**

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## GOAL PROGRESS

Review your 90-day goals from Section 1. Rate your progress:

Manuscript Goal: 1 2 3 4 5

Craft Goal: 1 2 3 4 5

Accountability Goal: 1 2 3 4 5

Personal Growth Goal: 1 2 3 4 5

**ADJUSTMENTS FOR NEXT MONTH:**

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**ONE WIN I AM PROUD OF THIS MONTH:**

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### REMEMBER: CIRCLE 1 LIVING

You cannot control whether the plan works. You cannot control interruptions, emergencies, sick children, broken trucks, or editors who ghost you for three weeks. That is Circle 2 and Circle 3. You can control whether you showed up to the Signal Block. You can control whether you caught your pattern when it fired. That is Circle 1. And it is enough.

**PHASE 3: ACCELERATE & SUSTAIN**

**WEEK 8**

Dates: \_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_

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**TOP 3 PRIORITIES THIS WEEK**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**MY SIGNAL BLOCK THIS WEEK**

*Time, place, duration. This is not a goal. This is an appointment.*

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**MY SIGNAL REMINDER THIS WEEK**

*What is one thing I will return to when the Noise gets loud?*

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**MORNING CONTROL COMPASS (fill Monday, carry all week)**

<b>Circle 1 Task</b> (What I control today)	
<b>My Voltage</b> (Green / Yellow / Red)	
<b>Predicted Noise</b> (What will try to hijack my first hour?)	

## WEEK 8 — DAILY SIGNAL CHECK-INS

Complete each morning. 60 seconds. Before you open the manuscript.

<b>MONDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>TUESDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>WEDNESDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>THURSDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>FRIDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words

Weekly word count total: \_\_\_\_\_ | Signal Block sessions completed: \_\_\_\_ / 5

## WEEK 8 — FRIDAY REFLECTION

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**WHAT WENT WELL THIS WEEK (wins, breakthroughs, sentences that surprised you):**

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**WHAT DID NOT GO AS PLANNED (be honest, not harsh):**

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**WHEN DID MY SPARK PATTERN FIRE THIS WEEK? WHAT TRIGGERED IT?**

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**ONE THING I WILL DO DIFFERENTLY NEXT WEEK:**

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### WEEKLY ENERGY & WRITING CHECK

Overall energy level this week: 1 2 3 4 5

Writing session quality: 1 2 3 4 5

Pattern awareness (did I catch it?): 1 2 3 4 5

Alignment with my Signal: 1 2 3 4 5

**PHASE 3: ACCELERATE & SUSTAIN**

**WEEK 9**

Dates: \_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_

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**TOP 3 PRIORITIES THIS WEEK**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**MY SIGNAL BLOCK THIS WEEK**

*Time, place, duration. This is not a goal. This is an appointment.*

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**MY SIGNAL REMINDER THIS WEEK**

*What is one thing I will return to when the Noise gets loud?*

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**MORNING CONTROL COMPASS (fill Monday, carry all week)**

<b>Circle 1 Task</b> (What I control today)	
<b>My Voltage</b> (Green / Yellow / Red)	
<b>Predicted Noise</b> (What will try to hijack my first hour?)	

## WEEK 9 — DAILY SIGNAL CHECK-INS

Complete each morning. 60 seconds. Before you open the manuscript.

<b>MONDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>TUESDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>WEDNESDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>THURSDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>FRIDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words

Weekly word count total: \_\_\_\_\_ | Signal Block sessions completed: \_\_\_\_ / 5

## WEEK 9 — FRIDAY REFLECTION

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**WHAT WENT WELL THIS WEEK (wins, breakthroughs, sentences that surprised you):**

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**WHAT DID NOT GO AS PLANNED (be honest, not harsh):**

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**WHEN DID MY SPARK PATTERN FIRE THIS WEEK? WHAT TRIGGERED IT?**

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**ONE THING I WILL DO DIFFERENTLY NEXT WEEK:**

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### WEEKLY ENERGY & WRITING CHECK

Overall energy level this week: 1 2 3 4 5

Writing session quality: 1 2 3 4 5

Pattern awareness (did I catch it?): 1 2 3 4 5

Alignment with my Signal: 1 2 3 4 5

**PHASE 3: ACCELERATE & SUSTAIN**

**WEEK 10**

Dates: \_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_

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**TOP 3 PRIORITIES THIS WEEK**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**MY SIGNAL BLOCK THIS WEEK**

*Time, place, duration. This is not a goal. This is an appointment.*

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**MY SIGNAL REMINDER THIS WEEK**

*What is one thing I will return to when the Noise gets loud?*

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**MORNING CONTROL COMPASS (fill Monday, carry all week)**

<b>Circle 1 Task</b> (What I control today)	
<b>My Voltage</b> (Green / Yellow / Red)	
<b>Predicted Noise</b> (What will try to hijack my first hour?)	

## WEEK 10 — DAILY SIGNAL CHECK-INS

Complete each morning. 60 seconds. Before you open the manuscript.

<b>MONDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>TUESDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>WEDNESDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>THURSDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>FRIDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words

Weekly word count total: \_\_\_\_\_ | Signal Block sessions completed: \_\_\_\_ / 5

## WEEK 10 — FRIDAY REFLECTION

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**WHAT WENT WELL THIS WEEK (wins, breakthroughs, sentences that surprised you):**

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**WHAT DID NOT GO AS PLANNED (be honest, not harsh):**

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**WHEN DID MY SPARK PATTERN FIRE THIS WEEK? WHAT TRIGGERED IT?**

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**ONE THING I WILL DO DIFFERENTLY NEXT WEEK:**

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### WEEKLY ENERGY & WRITING CHECK

Overall energy level this week: 1 2 3 4 5

Writing session quality: 1 2 3 4 5

Pattern awareness (did I catch it?): 1 2 3 4 5

Alignment with my Signal: 1 2 3 4 5

**PHASE 3: ACCELERATE & SUSTAIN**

**WEEK 11**

Dates: \_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_

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**TOP 3 PRIORITIES THIS WEEK**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**MY SIGNAL BLOCK THIS WEEK**

*Time, place, duration. This is not a goal. This is an appointment.*

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**MY SIGNAL REMINDER THIS WEEK**

*What is one thing I will return to when the Noise gets loud?*

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**MORNING CONTROL COMPASS (fill Monday, carry all week)**

<b>Circle 1 Task</b> (What I control today)	
<b>My Voltage</b> (Green / Yellow / Red)	
<b>Predicted Noise</b> (What will try to hijack my first hour?)	

## WEEK 11 — DAILY SIGNAL CHECK-INS

Complete each morning. 60 seconds. Before you open the manuscript.

<b>MONDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>TUESDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>WEDNESDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
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Weekly word count total: \_\_\_\_\_ | Signal Block sessions completed: \_\_\_\_ / 5

## WEEK 11 — FRIDAY REFLECTION

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**WHAT WENT WELL THIS WEEK (wins, breakthroughs, sentences that surprised you):**

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**WHAT DID NOT GO AS PLANNED (be honest, not harsh):**

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**WHEN DID MY SPARK PATTERN FIRE THIS WEEK? WHAT TRIGGERED IT?**

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**ONE THING I WILL DO DIFFERENTLY NEXT WEEK:**

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### **WEEKLY ENERGY & WRITING CHECK**

Overall energy level this week: 1 2 3 4 5

Writing session quality: 1 2 3 4 5

Pattern awareness (did I catch it?): 1 2 3 4 5

Alignment with my Signal: 1 2 3 4 5

**PHASE 3: ACCELERATE & SUSTAIN**

**WEEK 12**

Dates: \_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_

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**TOP 3 PRIORITIES THIS WEEK**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**MY SIGNAL BLOCK THIS WEEK**

*Time, place, duration. This is not a goal. This is an appointment.*

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**MY SIGNAL REMINDER THIS WEEK**

*What is one thing I will return to when the Noise gets loud?*

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**MORNING CONTROL COMPASS (fill Monday, carry all week)**

<b>Circle 1 Task</b> (What I control today)	
<b>My Voltage</b> (Green / Yellow / Red)	
<b>Predicted Noise</b> (What will try to hijack my first hour?)	

## WEEK 12 — DAILY SIGNAL CHECK-INS

Complete each morning. 60 seconds. Before you open the manuscript.

<b>MONDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>TUESDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>WEDNESDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>THURSDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>FRIDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words

Weekly word count total: \_\_\_\_\_ | Signal Block sessions completed: \_\_\_\_ / 5

## WEEK 12 — FRIDAY REFLECTION

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**WHAT WENT WELL THIS WEEK (wins, breakthroughs, sentences that surprised you):**

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**WHAT DID NOT GO AS PLANNED (be honest, not harsh):**

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**WHEN DID MY SPARK PATTERN FIRE THIS WEEK? WHAT TRIGGERED IT?**

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**ONE THING I WILL DO DIFFERENTLY NEXT WEEK:**

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### WEEKLY ENERGY & WRITING CHECK

Overall energy level this week: 1 2 3 4 5

Writing session quality: 1 2 3 4 5

Pattern awareness (did I catch it?): 1 2 3 4 5

Alignment with my Signal: 1 2 3 4 5

**PHASE 3: ACCELERATE & SUSTAIN**

**WEEK 13**

Dates: \_\_\_\_/\_\_\_\_ to \_\_\_\_/\_\_\_\_

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**TOP 3 PRIORITIES THIS WEEK**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**MY SIGNAL BLOCK THIS WEEK**

*Time, place, duration. This is not a goal. This is an appointment.*

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**MY SIGNAL REMINDER THIS WEEK**

*What is one thing I will return to when the Noise gets loud?*

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**MORNING CONTROL COMPASS (fill Monday, carry all week)**

<b>Circle 1 Task</b> (What I control today)	
<b>My Voltage</b> (Green / Yellow / Red)	
<b>Predicted Noise</b> (What will try to hijack my first hour?)	

## WEEK 13 — DAILY SIGNAL CHECK-INS

Complete each morning. 60 seconds. Before you open the manuscript.

<b>MONDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>TUESDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
<b>WEDNESDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words
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<b>FRIDAY</b>	Today's Signal <i>(My purpose today is...)</i>	Today's Noise <i>(I will not let this distract me...)</i>	Voltage (G/Y/R)	Words

Weekly word count total: \_\_\_\_\_ | Signal Block sessions completed: \_\_\_\_ / 5

## WEEK 13 — FRIDAY REFLECTION

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**WHAT WENT WELL THIS WEEK (wins, breakthroughs, sentences that surprised you):**

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**WHAT DID NOT GO AS PLANNED (be honest, not harsh):**

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**WHEN DID MY SPARK PATTERN FIRE THIS WEEK? WHAT TRIGGERED IT?**

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**ONE THING I WILL DO DIFFERENTLY NEXT WEEK:**

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### WEEKLY ENERGY & WRITING CHECK

Overall energy level this week: 1 2 3 4 5

Writing session quality: 1 2 3 4 5

Pattern awareness (did I catch it?): 1 2 3 4 5

Alignment with my Signal: 1 2 3 4 5

# MONTH 3 REVIEW

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*"How am I tracking against my 90-day vision?"*

## METRICS CHECK-IN

Transfer your key numbers from this month into the Metrics Tracker (Section 3). Note any metrics trending in the wrong direction.

**Metrics trending UP:**

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**Metrics trending DOWN (and why):**

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## GOAL PROGRESS

Review your 90-day goals from Section 1. Rate your progress:

Manuscript Goal: 1 2 3 4 5

Craft Goal: 1 2 3 4 5

Accountability Goal: 1 2 3 4 5

Personal Growth Goal: 1 2 3 4 5

**ADJUSTMENTS FOR NEXT MONTH:**

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**ONE WIN I AM PROUD OF THIS MONTH:**

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### REMEMBER: CIRCLE 1 LIVING

You cannot control whether the plan works. You cannot control interruptions, emergencies, sick children, broken trucks, or editors who ghost you for three weeks. That is Circle 2 and Circle 3. You can control whether you showed up to the Signal Block. You can control whether you caught your pattern when it fired. That is Circle 1. And it is enough.

# SECTION 5: 90-DAY CLOSEOUT

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*"You started this quarter with a vision. How did you grow?"*

## FINAL METRICS REVIEW

Transfer your final numbers into the Metrics Tracker (Section 3). Compare Day 1 to Day 90.

### BIGGEST WRITING WIN THIS QUARTER:

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### BIGGEST PERSONAL GROWTH THIS QUARTER:

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### THE HARDEST MOMENT AND HOW I HANDLED IT:

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### WHAT I LEARNED ABOUT MY SPARK PATTERN:

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# LOOKING AHEAD

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THREE THINGS I WANT TO CARRY INTO NEXT QUARTER:

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THREE THINGS I WANT TO LEAVE BEHIND:

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MY SIGNAL FOR NEXT QUARTER (in one sentence):

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## OVERALL QUARTER RATING

How do I feel about this quarter? 1 2 3 4 5 6 7 8 9 10

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*The Signal was always there. Now you have the record to prove it.*







# CIRCLE 1 LIVING



Silence the Noise. Bypass Your Fear. Finish Your Book.

[circle1living.com/spark](http://circle1living.com/spark)

A CIRCLE 1 LIVING BOOK

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