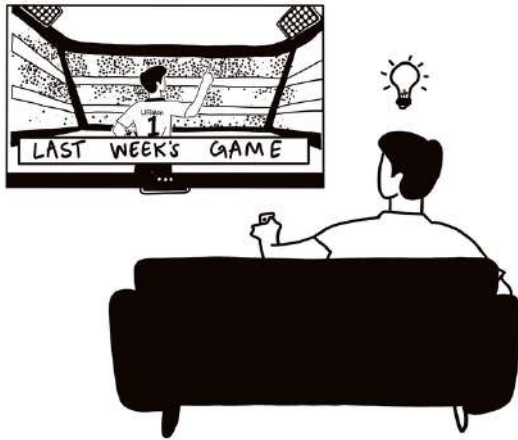


LEARN A LESSON CHEATSHEET

From Chapter 4 of
Winning The Week: How To Plan A Successful Week, Every Week



Looking for a lesson or improvement each week creates a positive feedback loop, wherein you get slightly better each week. The impact is life-changing within one year. See this as an opportunity to try new things, evaluate your wins and losses, and fine-tune your game.

Use the following questions to find a lesson from your past week:

Groundhog Day Question: *If you could relive the past week a thousand times, what would the perfect execution have looked like?*

Double Down Question: *What worked well this week that I should double down on next week?*