
The Compass Audit

A 20-minute check on whether your week matches your priorities.

Most weeks do not go wrong because of one bad decision. They drift, one small default at a time. This audit makes the drift visible so you can redesign one thing. Do it once now, then repeat it every Sunday for a month.

1. Name your real priorities

Write the three things that, if they moved forward this week, would make the week a success. Be concrete. Not "health" but "three strength sessions".

Priority A:

Priority B:

Priority C:

2. Where the hours actually went

Think back over the last seven days. Estimate the hours you spent on each area. Guess honestly; precision is not the point.

Priority A - hours:

Priority B - hours:

Priority C - hours:

Meetings / messages / email:

Reactive / interruptions:

Scrolling / low-value input:

Rest that actually restored you:

3. The gap

Compare section 1 and section 2. Where is the biggest gap between what you said mattered and what got your hours?

The biggest gap is:

One default that created it (a cue, a place, an open door):

4. One change for next week

Do not redesign your life. Choose ONE piece of temporary architecture: a protected block, a removed interruption, a visible shutdown ritual.

Next week I will:

It starts at:

It counts as done when:

The interruption I will remove first:

5. Process check (fill this in next Sunday)

Judge the change on what you control, not on your mood or results.

Did I start it? (Y / N)

Did the boundary hold? (Y / N)

What visible thing got finished:

One variable to adjust:
