

Your 7-Shift Integration System

A science-backed daily cheatsheet — print it, pin it, practise it

25 MIN/DAY + 30 MIN/WEEK = MINDSET MASTERY

MORNING

01

10 MIN

Morning Anchor

Prime your prefrontal cortex before the world gets in.

01 Identity Statement

Write your one-sentence identity (Shift 1). "I am someone who..." — who are you becoming today?

02 Single Priority

Name today's ONE most important task. Not three. Not five. One. Write it and commit.

03 Intention

Say aloud: "Today I will respond, not react." Set the tone before the noise begins.

MIDDAY

02

5 MIN

Midday Recalibration

Catch drift before it costs you the afternoon.

01 Mode Check

Am I in urgency-addiction mode (Shift 3) or strategic mode? Pause — name it honestly.

02 Redirect

If you've drifted into busyness: acknowledge without judgment. Return to your #1 task now.

03 Defusion

Did a limiting narrative arise (Shift 4)? Prefix it: "I'm noticing the story that..."

EVENING

03

10 MIN

Evening Debrief

Convert today's friction into tomorrow's fuel.

01 Failure Debrief

What happened? What does it tell me? What would I do differently? (Shift 2 — 3 questions)

02 Evidence Log

Record one proof that a 'not yet' is becoming 'yes'. Compound your growth evidence. (Shift 1)

03 Comparison Check

Did envy arise today? Name the person, name the lesson, redirect into action. (Shift 5)

WEEKLY

04

30 MIN

Weekly Architecture Review

The one session that makes all other sessions compound.

01 Urgency Audit

List everything that felt urgent this week. Highlight what actually moved the needle. (Shift 3)

02 Narrative Review

Is your replacement narrative gaining traction? Where does the old script still hijack you? (Shift 4)

03 Experiment Plan

Name one slightly uncomfortable action to run as an experiment next week. (Shifts 6 & 7)