



SuperhumanMindset.com

SUPERHUMAN MINDSET

TRANSFORMATION PLANNER

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Quick Start

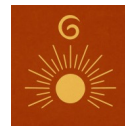
How to use this planner in under 3 minutes



- 1) Each morning, set your Clarity line: “Today will be a win if I..” (keep it small and honest).
- 2) Stage one First-Touch Anchor™ (file open, shoes by the door, notebook laid out).
- 3) Presence: begin with a two-minute truthful start. Small counts. Start now, then decide length.
- 4) Repair: if you slip, use 3R — Recognize (‘I paused),” Reduce (shrink the step), Resume (today).
- 5) Climb the Consistency Ladder: Presence → Progress → Performance → Plus.
- 6) Use Weekly Preview to pre-decide tricky moments and place Anchors in advance.
- 7) Use Weekly Review to log wins, repairs, and one upgrade for next week (never miss twice).

Daily Command Sheet

Clarity • Presence • Repair



Clarity — Today will be a win if I...

Presence — First-Touch Anchor™ + Tiny Start (2 min) | Top 3 Priorities

Time Blocks / Notes

Repair 3R Return Log

Gratitude / Mood / Wins

Level 1 Presence (showed up)

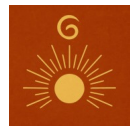
Level 2 Progress

Level 3 Performance

Level 4 Plus

Weekly Review

Shame delays and repair accelerates



The one thing that worked

Where I slipped (facts only)

Repair — 3R plan for similar moments next week

Wins, Gratitude, and Micro-proofs of progress
