

THE COMMAND CHECK

Five shifts, from drifting to flying your own heading. One question and one habit for each. Write one honest answer per shift, then do the habit this week.

Thirty minutes. Pen and paper. Answer every question. Short is fine. True is required.

01 SINCERITY Stop lying to yourself

One thing you keep calling "fine" that isn't. How long has it been that way, and what would you decide if you said it out loud?

THIS WEEK Every evening, write one true sentence about your day. Not the highlight. The truth.

02 STEADFAST Your decisions start to hold

One decision you keep re-arguing. Is it new facts, or nerves? What would holding it for thirty days cost you?

THIS WEEK Hold it for thirty days. If new facts appear, look again. Nerves are not new facts.

03 STAMINA Your energy comes back

Next week's calendar. One thing you do only to be seen doing it. What would you do with that time if you gave it back to yourself?

THIS WEEK Cancel that one appearance. Give the time to something that's actually yours.

04 SATISFACTION You know where you're going

Where are you going? One sentence on why this decade of your life matters. Then one decision this week that points that way.

THIS WEEK Make that decision. Write it down. Tell one person.

05 SYMPATHY Who is coming with you?

Who makes the trip worth taking? Have you told them where you're going? The one conversation you need this week, and with whom.

THIS WEEK Brief one person. Your sentence, then theirs. Then find the version that works for both of you.

FINAL CHECK

YOUR HEADING

Where are you going, and who's coming with you? One line.

Seven days later. Which habit held, which slipped, and what is the next move?

READY TO BUILD THIS PROPERLY?

Take Control is the full course: five modules, one for each shift, with live calls. Details at robinvansambeek.com.

Drift is corrected one decision at a time.
Input is welcome. Command is not shared.

If what you're carrying is heavier than drift, talk to a professional. This is coaching, not therapy.

ROBIN VAN SAMBEEK

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