

YOU ARE HERE

CHECKPOINT 06 - REPS

One launch is a test. Repetition turns the test into skill and evidence.

THIS MUST BE DONE BEFORE MOVING FORWARD

- ☐ I defined my SELL repetitions.
- ☐ I defined my CREATE/delivery repetitions.
- ☐ I defined my IMPROVE repetitions.
- ☐ I am using the full-time 4-4-4 rhythm or a smaller balanced adaptation that preserves SELL -> CREATE -> IMPROVE.
- ☐ I am repeating long enough to collect useful evidence instead of judging from one attempt.

DEFINITION OF DONE

I have a repeatable operating rhythm and I know what actions I am counting.

NOT COMPLETE?

Continue the task, OR deliberately skip it and write why. ACTION gets you to do it. REPETITION gets you to do it enough to become better at it.