

Weekly Professional Standards Check-In

A 5-minute reset to protect long-term income

Review once per week. Answer honestly.

- Did I work with clients who respected my time?
 - Did I recommend what was best, not what was easiest?
 - Did I protect my prime hours?
 - Did I follow up when it mattered?
 - Did I feel calm or drained most days?
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ADJUSTMENTS FOR NEXT WEEK:

- One thing to stop tolerating:
 - One standard to reinforce:
 - One habit to protect:
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Reminder:

Standards compound faster than effort.