

THE WAR WITHIN

TOOL IV

Weekly Review System

Audit · Realign · Redeploy · Diagnose

The week that is not reviewed is the week that shaped you without your consent.

The Weekly Review System is a 30–45 minute end-of-week command session. It converts the accumulation of days into intelligence — closing the loop on what was done, what drifted, and what the next week requires. Now expanded with a 17-Battlegrounds Check-In and an optional Deep-Dive Reflection for the campaign's most active front. Deploy every Sunday evening or Monday morning.

Deploy at: Battle 8 · Deploy Weekly
Segun Samuel · TheWarWithin.you

The Review Protocol

THE 30-MINUTE SEQUENCE

CLOSE · 5 min

Clear your physical and digital space. Every open loop — tasks, emails, notes — is captured before review begins. Nothing reviewed is carried mentally.

AUDIT · 10 min

Review the past week honestly. What advanced? What stalled? Where did the TEA go? No optimism, no pessimism — accurate intelligence only.

LEARN · 5 min

Extract the one insight from the week. What do you now know that you did not know seven days ago?

REALIGN · 5 min

Check the week's activity against your Purpose Sentence and your 90-Day Operations. Did the week serve the assignment?

DEPLOY · 10 min

Plan the incoming week. Name the primary focus. Protect the peak hours. Block the non-negotiables.

TWO ADDITIONS — BOTH LIVE ON THE SECOND PAGE OF EACH WEEK

THE 17-BATTLEGROUND CHECK-IN

A one-glance status report across all seventeen battles. Rate each 1–10, every week. The pattern across weeks is the real intelligence — not any single rating.

THE DEEP-DIVE REFLECTION

Optional. Pick the one battleground most active this week and run it through seven diagnostic questions. Not every week requires this. The week that resists it usually needs it most.

This system provides 12 identical review templates. Use one per week.

Week 1 · Review

WEEK OF: _____ DATE COMPLETED: _____

CLOSE — WHAT IS COMPLETE?

☐ Yes ☐ No Open loops carried forward: _____

AUDIT — WHAT HAPPENED?

Primary focus this week was:

Biggest win:

Biggest failure or drift:

TEA assessment — aligned hours (est): _____ misaligned hours (est): _____

LEARN — WHAT DO I NOW KNOW?

One insight from this week:

REALIGN — WAS THIS WEEK ON ASSIGNMENT?

Did this week advance the 90-day Operations? ☐ Yes ☐ Partially ☐ No

If not, what pulled it off course?

DEPLOY — NEXT WEEK

Primary focus for next week:

Protected peak hours: _____ to _____

Three non-negotiable commitments:

One thing to stop, reduce, or protect against:

Week 1 · Diagnostics

WEEK VERDICT (one word): _____

THE 17-BATTLEGROUND CHECK-IN

Rate yourself honestly, 1–10, in each area this week.

- | | | | |
|-----------------------------|-------|-----------------------------|-------|
| 1. Purpose Alignment | _____ | 10. Physical Health | _____ |
| 2. Identity Integrity | _____ | 11. Mindset Renewal | _____ |
| 3. T.E.A. Stewardship | _____ | 12. Social Intelligence | _____ |
| 4. Heart Purity | _____ | 13. Discipline Over Comfort | _____ |
| 5. Gratitude & Honour | _____ | 14. Learning & Reading | _____ |
| 6. Communication Quality | _____ | 15. Humility | _____ |
| 7. Relationship Health | _____ | 16. Financial Stewardship | _____ |
| 8. Accountability & Systems | _____ | 17. Execution | _____ |
| 9. Prayer Life | _____ | | |

Lowest-scoring area this week: _____

Why it struggled:

One action to improve it next week:

THE DEEP-DIVE REFLECTION

Optional — use when one front is most active

Battleground selected: _____

1. What specific challenge am I facing in this area?

2. What is the root cause, not just the symptom?

3. What lie or limiting belief might be fuelling this struggle?

4. What truth contradicts that lie?

5. What one behaviour change would most impact this area?

6. What obstacle will try to prevent that change — and how will I overcome it?

7. Who can I ask to hold me accountable for this change?

Week 2 · Review

WEEK OF: _____ DATE COMPLETED: _____

CLOSE — WHAT IS COMPLETE?

☐ Yes ☐ No Open loops carried forward: _____

AUDIT — WHAT HAPPENED?

Primary focus this week was:

Biggest win:

Biggest failure or drift:

TEA assessment — aligned hours (est): _____ misaligned hours (est): _____

LEARN — WHAT DO I NOW KNOW?

One insight from this week:

REALIGN — WAS THIS WEEK ON ASSIGNMENT?

Did this week advance the 90-day Operations? ☐ Yes ☐ Partially ☐ No

If not, what pulled it off course?

DEPLOY — NEXT WEEK

Primary focus for next week:

Protected peak hours: _____ to _____

Three non-negotiable commitments:

One thing to stop, reduce, or protect against:

Week 2 · Diagnostics

WEEK VERDICT (one word): _____

THE 17-BATTLEGROUND CHECK-IN

Rate yourself honestly, 1–10, in each area this week.

- | | | | |
|-----------------------------|-------|-----------------------------|-------|
| 1. Purpose Alignment | _____ | 10. Physical Health | _____ |
| 2. Identity Integrity | _____ | 11. Mindset Renewal | _____ |
| 3. T.E.A. Stewardship | _____ | 12. Social Intelligence | _____ |
| 4. Heart Purity | _____ | 13. Discipline Over Comfort | _____ |
| 5. Gratitude & Honour | _____ | 14. Learning & Reading | _____ |
| 6. Communication Quality | _____ | 15. Humility | _____ |
| 7. Relationship Health | _____ | 16. Financial Stewardship | _____ |
| 8. Accountability & Systems | _____ | 17. Execution | _____ |
| 9. Prayer Life | _____ | | |

Lowest-scoring area this week: _____

Why it struggled: _____

One action to improve it next week: _____

THE DEEP-DIVE REFLECTION

Optional — use when one front is most active

Battleground selected: _____

1. What specific challenge am I facing in this area?

2. What is the root cause, not just the symptom?

3. What lie or limiting belief might be fuelling this struggle?

4. What truth contradicts that lie?

5. What one behaviour change would most impact this area?

6. What obstacle will try to prevent that change — and how will I overcome it?

7. Who can I ask to hold me accountable for this change?

Week 3 · Review

WEEK OF: _____ DATE COMPLETED: _____

CLOSE — WHAT IS COMPLETE?

☐ Yes ☐ No Open loops carried forward: _____

AUDIT — WHAT HAPPENED?

Primary focus this week was:

Biggest win:

Biggest failure or drift:

TEA assessment — aligned hours (est): _____ misaligned hours (est): _____

LEARN — WHAT DO I NOW KNOW?

One insight from this week:

REALIGN — WAS THIS WEEK ON ASSIGNMENT?

Did this week advance the 90-day Operations? ☐ Yes ☐ Partially ☐ No

If not, what pulled it off course?

DEPLOY — NEXT WEEK

Primary focus for next week:

Protected peak hours: _____ to _____

Three non-negotiable commitments:

One thing to stop, reduce, or protect against:

Week 3 · Diagnostics

WEEK VERDICT (one word): _____

THE 17-BATTLEGROUND CHECK-IN

Rate yourself honestly, 1–10, in each area this week.

- | | | | |
|-----------------------------|-------|-----------------------------|-------|
| 1. Purpose Alignment | _____ | 10. Physical Health | _____ |
| 2. Identity Integrity | _____ | 11. Mindset Renewal | _____ |
| 3. T.E.A. Stewardship | _____ | 12. Social Intelligence | _____ |
| 4. Heart Purity | _____ | 13. Discipline Over Comfort | _____ |
| 5. Gratitude & Honour | _____ | 14. Learning & Reading | _____ |
| 6. Communication Quality | _____ | 15. Humility | _____ |
| 7. Relationship Health | _____ | 16. Financial Stewardship | _____ |
| 8. Accountability & Systems | _____ | 17. Execution | _____ |
| 9. Prayer Life | _____ | | |

Lowest-scoring area this week: _____

Why it struggled:

One action to improve it next week:

THE DEEP-DIVE REFLECTION

Optional — use when one front is most active

Battleground selected: _____

1. What specific challenge am I facing in this area?

2. What is the root cause, not just the symptom?

3. What lie or limiting belief might be fuelling this struggle?

4. What truth contradicts that lie?

5. What one behaviour change would most impact this area?

6. What obstacle will try to prevent that change — and how will I overcome it?

7. Who can I ask to hold me accountable for this change?

Week 4 · Review

WEEK OF: _____ DATE COMPLETED: _____

CLOSE — WHAT IS COMPLETE?

☐ Yes ☐ No Open loops carried forward: _____

AUDIT — WHAT HAPPENED?

Primary focus this week was:

Biggest win:

Biggest failure or drift:

TEA assessment — aligned hours (est): _____ misaligned hours (est): _____

LEARN — WHAT DO I NOW KNOW?

One insight from this week:

REALIGN — WAS THIS WEEK ON ASSIGNMENT?

Did this week advance the 90-day Operations? ☐ Yes ☐ Partially ☐ No

If not, what pulled it off course?

DEPLOY — NEXT WEEK

Primary focus for next week:

Protected peak hours: _____ to _____

Three non-negotiable commitments:

One thing to stop, reduce, or protect against:

Week 4 · Diagnostics

WEEK VERDICT (one word): _____

THE 17-BATTLEGROUND CHECK-IN

Rate yourself honestly, 1–10, in each area this week.

- | | | | |
|-----------------------------|-------|-----------------------------|-------|
| 1. Purpose Alignment | _____ | 10. Physical Health | _____ |
| 2. Identity Integrity | _____ | 11. Mindset Renewal | _____ |
| 3. T.E.A. Stewardship | _____ | 12. Social Intelligence | _____ |
| 4. Heart Purity | _____ | 13. Discipline Over Comfort | _____ |
| 5. Gratitude & Honour | _____ | 14. Learning & Reading | _____ |
| 6. Communication Quality | _____ | 15. Humility | _____ |
| 7. Relationship Health | _____ | 16. Financial Stewardship | _____ |
| 8. Accountability & Systems | _____ | 17. Execution | _____ |
| 9. Prayer Life | _____ | | |

Lowest-scoring area this week: _____

Why it struggled:

One action to improve it next week:

THE DEEP-DIVE REFLECTION

Optional — use when one front is most active

Battleground selected: _____

1. What specific challenge am I facing in this area?

2. What is the root cause, not just the symptom?

3. What lie or limiting belief might be fuelling this struggle?

4. What truth contradicts that lie?

5. What one behaviour change would most impact this area?

6. What obstacle will try to prevent that change — and how will I overcome it?

7. Who can I ask to hold me accountable for this change?

Week 5 · Review

WEEK OF: _____ DATE COMPLETED: _____

CLOSE — WHAT IS COMPLETE?

☐ Yes ☐ No Open loops carried forward: _____

AUDIT — WHAT HAPPENED?

Primary focus this week was:

Biggest win:

Biggest failure or drift:

TEA assessment — aligned hours (est): _____ misaligned hours (est): _____

LEARN — WHAT DO I NOW KNOW?

One insight from this week:

REALIGN — WAS THIS WEEK ON ASSIGNMENT?

Did this week advance the 90-day Operations? ☐ Yes ☐ Partially ☐ No

If not, what pulled it off course?

DEPLOY — NEXT WEEK

Primary focus for next week:

Protected peak hours: _____ to _____

Three non-negotiable commitments:

One thing to stop, reduce, or protect against:

Week 5 · Diagnostics

WEEK VERDICT (one word): _____

THE 17-BATTLEGROUND CHECK-IN

Rate yourself honestly, 1–10, in each area this week.

- | | | | |
|-----------------------------|-------|-----------------------------|-------|
| 1. Purpose Alignment | _____ | 10. Physical Health | _____ |
| 2. Identity Integrity | _____ | 11. Mindset Renewal | _____ |
| 3. T.E.A. Stewardship | _____ | 12. Social Intelligence | _____ |
| 4. Heart Purity | _____ | 13. Discipline Over Comfort | _____ |
| 5. Gratitude & Honour | _____ | 14. Learning & Reading | _____ |
| 6. Communication Quality | _____ | 15. Humility | _____ |
| 7. Relationship Health | _____ | 16. Financial Stewardship | _____ |
| 8. Accountability & Systems | _____ | 17. Execution | _____ |
| 9. Prayer Life | _____ | | |

Lowest-scoring area this week: _____

Why it struggled:

One action to improve it next week:

THE DEEP-DIVE REFLECTION

Optional — use when one front is most active

Battleground selected: _____

1. What specific challenge am I facing in this area?

2. What is the root cause, not just the symptom?

3. What lie or limiting belief might be fuelling this struggle?

4. What truth contradicts that lie?

5. What one behaviour change would most impact this area?

6. What obstacle will try to prevent that change — and how will I overcome it?

7. Who can I ask to hold me accountable for this change?

Week 6 · Review

WEEK OF: _____ DATE COMPLETED: _____

CLOSE — WHAT IS COMPLETE?

☐ Yes ☐ No Open loops carried forward: _____

AUDIT — WHAT HAPPENED?

Primary focus this week was:

Biggest win:

Biggest failure or drift:

TEA assessment — aligned hours (est): _____ misaligned hours (est): _____

LEARN — WHAT DO I NOW KNOW?

One insight from this week:

REALIGN — WAS THIS WEEK ON ASSIGNMENT?

Did this week advance the 90-day Operations? ☐ Yes ☐ Partially ☐ No

If not, what pulled it off course?

DEPLOY — NEXT WEEK

Primary focus for next week:

Protected peak hours: _____ to _____

Three non-negotiable commitments:

One thing to stop, reduce, or protect against:

Week 6 · Diagnostics

WEEK VERDICT (one word): _____

THE 17-BATTLEGROUND CHECK-IN

Rate yourself honestly, 1–10, in each area this week.

- | | | | |
|-----------------------------|-------|-----------------------------|-------|
| 1. Purpose Alignment | _____ | 10. Physical Health | _____ |
| 2. Identity Integrity | _____ | 11. Mindset Renewal | _____ |
| 3. T.E.A. Stewardship | _____ | 12. Social Intelligence | _____ |
| 4. Heart Purity | _____ | 13. Discipline Over Comfort | _____ |
| 5. Gratitude & Honour | _____ | 14. Learning & Reading | _____ |
| 6. Communication Quality | _____ | 15. Humility | _____ |
| 7. Relationship Health | _____ | 16. Financial Stewardship | _____ |
| 8. Accountability & Systems | _____ | 17. Execution | _____ |
| 9. Prayer Life | _____ | | |

Lowest-scoring area this week: _____

Why it struggled: _____

One action to improve it next week: _____

THE DEEP-DIVE REFLECTION

Optional — use when one front is most active

Battleground selected: _____

1. What specific challenge am I facing in this area?

2. What is the root cause, not just the symptom?

3. What lie or limiting belief might be fuelling this struggle?

4. What truth contradicts that lie?

5. What one behaviour change would most impact this area?

6. What obstacle will try to prevent that change — and how will I overcome it?

7. Who can I ask to hold me accountable for this change?

Week 7 · Review

WEEK OF: _____ DATE COMPLETED: _____

CLOSE — WHAT IS COMPLETE?

☐ Yes ☐ No Open loops carried forward: _____

AUDIT — WHAT HAPPENED?

Primary focus this week was:

Biggest win:

Biggest failure or drift:

TEA assessment — aligned hours (est): _____ misaligned hours (est): _____

LEARN — WHAT DO I NOW KNOW?

One insight from this week:

REALIGN — WAS THIS WEEK ON ASSIGNMENT?

Did this week advance the 90-day Operations? ☐ Yes ☐ Partially ☐ No

If not, what pulled it off course?

DEPLOY — NEXT WEEK

Primary focus for next week:

Protected peak hours: _____ to _____

Three non-negotiable commitments:

One thing to stop, reduce, or protect against:

Week 7 · Diagnostics

WEEK VERDICT (one word): _____

THE 17-BATTLEGROUND CHECK-IN

Rate yourself honestly, 1–10, in each area this week.

- | | | | |
|-----------------------------|-------|-----------------------------|-------|
| 1. Purpose Alignment | _____ | 10. Physical Health | _____ |
| 2. Identity Integrity | _____ | 11. Mindset Renewal | _____ |
| 3. T.E.A. Stewardship | _____ | 12. Social Intelligence | _____ |
| 4. Heart Purity | _____ | 13. Discipline Over Comfort | _____ |
| 5. Gratitude & Honour | _____ | 14. Learning & Reading | _____ |
| 6. Communication Quality | _____ | 15. Humility | _____ |
| 7. Relationship Health | _____ | 16. Financial Stewardship | _____ |
| 8. Accountability & Systems | _____ | 17. Execution | _____ |
| 9. Prayer Life | _____ | | |

Lowest-scoring area this week: _____

Why it struggled:

One action to improve it next week:

THE DEEP-DIVE REFLECTION

Optional — use when one front is most active

Battleground selected: _____

1. What specific challenge am I facing in this area?

2. What is the root cause, not just the symptom?

3. What lie or limiting belief might be fuelling this struggle?

4. What truth contradicts that lie?

5. What one behaviour change would most impact this area?

6. What obstacle will try to prevent that change — and how will I overcome it?

7. Who can I ask to hold me accountable for this change?

Week 8 · Review

WEEK OF: _____ DATE COMPLETED: _____

CLOSE — WHAT IS COMPLETE?

☐ Yes ☐ No Open loops carried forward: _____

AUDIT — WHAT HAPPENED?

Primary focus this week was:

Biggest win:

Biggest failure or drift:

TEA assessment — aligned hours (est): _____ misaligned hours (est): _____

LEARN — WHAT DO I NOW KNOW?

One insight from this week:

REALIGN — WAS THIS WEEK ON ASSIGNMENT?

Did this week advance the 90-day Operations? ☐ Yes ☐ Partially ☐ No

If not, what pulled it off course?

DEPLOY — NEXT WEEK

Primary focus for next week:

Protected peak hours: _____ to _____

Three non-negotiable commitments:

One thing to stop, reduce, or protect against:

Week 8 · Diagnostics

WEEK VERDICT (one word): _____

THE 17-BATTLEGROUND CHECK-IN

Rate yourself honestly, 1–10, in each area this week.

- | | | | |
|-----------------------------|-------|-----------------------------|-------|
| 1. Purpose Alignment | _____ | 10. Physical Health | _____ |
| 2. Identity Integrity | _____ | 11. Mindset Renewal | _____ |
| 3. T.E.A. Stewardship | _____ | 12. Social Intelligence | _____ |
| 4. Heart Purity | _____ | 13. Discipline Over Comfort | _____ |
| 5. Gratitude & Honour | _____ | 14. Learning & Reading | _____ |
| 6. Communication Quality | _____ | 15. Humility | _____ |
| 7. Relationship Health | _____ | 16. Financial Stewardship | _____ |
| 8. Accountability & Systems | _____ | 17. Execution | _____ |
| 9. Prayer Life | _____ | | |

Lowest-scoring area this week: _____

Why it struggled: _____

One action to improve it next week: _____

THE DEEP-DIVE REFLECTION

Optional — use when one front is most active

Battleground selected: _____

1. What specific challenge am I facing in this area?

2. What is the root cause, not just the symptom?

3. What lie or limiting belief might be fuelling this struggle?

4. What truth contradicts that lie?

5. What one behaviour change would most impact this area?

6. What obstacle will try to prevent that change — and how will I overcome it?

7. Who can I ask to hold me accountable for this change?

Week 9 · Review

WEEK OF: _____ DATE COMPLETED: _____

CLOSE — WHAT IS COMPLETE?

☐ Yes ☐ No Open loops carried forward: _____

AUDIT — WHAT HAPPENED?

Primary focus this week was:

Biggest win:

Biggest failure or drift:

TEA assessment — aligned hours (est): _____ misaligned hours (est): _____

LEARN — WHAT DO I NOW KNOW?

One insight from this week:

REALIGN — WAS THIS WEEK ON ASSIGNMENT?

Did this week advance the 90-day Operations? ☐ Yes ☐ Partially ☐ No

If not, what pulled it off course?

DEPLOY — NEXT WEEK

Primary focus for next week:

Protected peak hours: _____ to _____

Three non-negotiable commitments:

One thing to stop, reduce, or protect against:

Week 9 · Diagnostics

WEEK VERDICT (one word): _____

THE 17-BATTLEGROUND CHECK-IN

Rate yourself honestly, 1–10, in each area this week.

- | | | | |
|-----------------------------|-------|-----------------------------|-------|
| 1. Purpose Alignment | _____ | 10. Physical Health | _____ |
| 2. Identity Integrity | _____ | 11. Mindset Renewal | _____ |
| 3. T.E.A. Stewardship | _____ | 12. Social Intelligence | _____ |
| 4. Heart Purity | _____ | 13. Discipline Over Comfort | _____ |
| 5. Gratitude & Honour | _____ | 14. Learning & Reading | _____ |
| 6. Communication Quality | _____ | 15. Humility | _____ |
| 7. Relationship Health | _____ | 16. Financial Stewardship | _____ |
| 8. Accountability & Systems | _____ | 17. Execution | _____ |
| 9. Prayer Life | _____ | | |

Lowest-scoring area this week: _____

Why it struggled: _____

One action to improve it next week: _____

THE DEEP-DIVE REFLECTION

Optional — use when one front is most active

Battleground selected: _____

1. What specific challenge am I facing in this area?

2. What is the root cause, not just the symptom?

3. What lie or limiting belief might be fuelling this struggle?

4. What truth contradicts that lie?

5. What one behaviour change would most impact this area?

6. What obstacle will try to prevent that change — and how will I overcome it?

7. Who can I ask to hold me accountable for this change?

Week 10 · Review

WEEK OF: _____ DATE COMPLETED: _____

CLOSE — WHAT IS COMPLETE?

☐ Yes ☐ No Open loops carried forward: _____

AUDIT — WHAT HAPPENED?

Primary focus this week was:

Biggest win:

Biggest failure or drift:

TEA assessment — aligned hours (est): _____ misaligned hours (est): _____

LEARN — WHAT DO I NOW KNOW?

One insight from this week:

REALIGN — WAS THIS WEEK ON ASSIGNMENT?

Did this week advance the 90-day Operations? ☐ Yes ☐ Partially ☐ No

If not, what pulled it off course?

DEPLOY — NEXT WEEK

Primary focus for next week:

Protected peak hours: _____ to _____

Three non-negotiable commitments:

One thing to stop, reduce, or protect against:

Week 10 · Diagnostics

WEEK VERDICT (one word): _____

THE 17-BATTLEGROUND CHECK-IN

Rate yourself honestly, 1–10, in each area this week.

- | | | | |
|-----------------------------|-------|-----------------------------|-------|
| 1. Purpose Alignment | _____ | 10. Physical Health | _____ |
| 2. Identity Integrity | _____ | 11. Mindset Renewal | _____ |
| 3. T.E.A. Stewardship | _____ | 12. Social Intelligence | _____ |
| 4. Heart Purity | _____ | 13. Discipline Over Comfort | _____ |
| 5. Gratitude & Honour | _____ | 14. Learning & Reading | _____ |
| 6. Communication Quality | _____ | 15. Humility | _____ |
| 7. Relationship Health | _____ | 16. Financial Stewardship | _____ |
| 8. Accountability & Systems | _____ | 17. Execution | _____ |
| 9. Prayer Life | _____ | | |

Lowest-scoring area this week: _____

Why it struggled: _____

One action to improve it next week: _____

THE DEEP-DIVE REFLECTION

Optional — use when one front is most active

Battleground selected: _____

1. What specific challenge am I facing in this area?

2. What is the root cause, not just the symptom?

3. What lie or limiting belief might be fuelling this struggle?

4. What truth contradicts that lie?

5. What one behaviour change would most impact this area?

6. What obstacle will try to prevent that change — and how will I overcome it?

7. Who can I ask to hold me accountable for this change?

Week 11 · Review

WEEK OF: _____ DATE COMPLETED: _____

CLOSE — WHAT IS COMPLETE?

☐ Yes ☐ No Open loops carried forward: _____

AUDIT — WHAT HAPPENED?

Primary focus this week was:

Biggest win:

Biggest failure or drift:

TEA assessment — aligned hours (est): _____ misaligned hours (est): _____

LEARN — WHAT DO I NOW KNOW?

One insight from this week:

REALIGN — WAS THIS WEEK ON ASSIGNMENT?

Did this week advance the 90-day Operations? ☐ Yes ☐ Partially ☐ No

If not, what pulled it off course?

DEPLOY — NEXT WEEK

Primary focus for next week:

Protected peak hours: _____ to _____

Three non-negotiable commitments:

One thing to stop, reduce, or protect against:

Week 11 · Diagnostics

WEEK VERDICT (one word): _____

THE 17-BATTLEGROUND CHECK-IN

Rate yourself honestly, 1–10, in each area this week.

- | | | | |
|-----------------------------|-------|-----------------------------|-------|
| 1. Purpose Alignment | _____ | 10. Physical Health | _____ |
| 2. Identity Integrity | _____ | 11. Mindset Renewal | _____ |
| 3. T.E.A. Stewardship | _____ | 12. Social Intelligence | _____ |
| 4. Heart Purity | _____ | 13. Discipline Over Comfort | _____ |
| 5. Gratitude & Honour | _____ | 14. Learning & Reading | _____ |
| 6. Communication Quality | _____ | 15. Humility | _____ |
| 7. Relationship Health | _____ | 16. Financial Stewardship | _____ |
| 8. Accountability & Systems | _____ | 17. Execution | _____ |
| 9. Prayer Life | _____ | | |

Lowest-scoring area this week: _____

Why it struggled: _____

One action to improve it next week: _____

THE DEEP-DIVE REFLECTION

Optional — use when one front is most active

Battleground selected: _____

1. What specific challenge am I facing in this area?

2. What is the root cause, not just the symptom?

3. What lie or limiting belief might be fuelling this struggle?

4. What truth contradicts that lie?

5. What one behaviour change would most impact this area?

6. What obstacle will try to prevent that change — and how will I overcome it?

7. Who can I ask to hold me accountable for this change?

Week 12 · Review

WEEK OF: _____ DATE COMPLETED: _____

CLOSE — WHAT IS COMPLETE?

☐ Yes ☐ No Open loops carried forward: _____

AUDIT — WHAT HAPPENED?

Primary focus this week was:

Biggest win:

Biggest failure or drift:

TEA assessment — aligned hours (est): _____ misaligned hours (est): _____

LEARN — WHAT DO I NOW KNOW?

One insight from this week:

REALIGN — WAS THIS WEEK ON ASSIGNMENT?

Did this week advance the 90-day Operations? ☐ Yes ☐ Partially ☐ No

If not, what pulled it off course?

DEPLOY — NEXT WEEK

Primary focus for next week:

Protected peak hours: _____ to _____

Three non-negotiable commitments:

One thing to stop, reduce, or protect against:

Week 12 · Diagnostics

WEEK VERDICT (one word): _____

THE 17-BATTLEGROUND CHECK-IN

Rate yourself honestly, 1–10, in each area this week.

- | | | | |
|-----------------------------|-------|-----------------------------|-------|
| 1. Purpose Alignment | _____ | 10. Physical Health | _____ |
| 2. Identity Integrity | _____ | 11. Mindset Renewal | _____ |
| 3. T.E.A. Stewardship | _____ | 12. Social Intelligence | _____ |
| 4. Heart Purity | _____ | 13. Discipline Over Comfort | _____ |
| 5. Gratitude & Honour | _____ | 14. Learning & Reading | _____ |
| 6. Communication Quality | _____ | 15. Humility | _____ |
| 7. Relationship Health | _____ | 16. Financial Stewardship | _____ |
| 8. Accountability & Systems | _____ | 17. Execution | _____ |
| 9. Prayer Life | _____ | | |

Lowest-scoring area this week: _____

Why it struggled: _____

One action to improve it next week: _____

THE DEEP-DIVE REFLECTION

Optional — use when one front is most active

Battleground selected: _____

1. What specific challenge am I facing in this area?

2. What is the root cause, not just the symptom?

3. What lie or limiting belief might be fuelling this struggle?

4. What truth contradicts that lie?

5. What one behaviour change would most impact this area?

6. What obstacle will try to prevent that change — and how will I overcome it?

7. Who can I ask to hold me accountable for this change?
