

Week 2: Decide where you're going

Everything for the week on one page: your moves, worksheet, scripts, and score.

This week's moves

Move 1

15 min · ☐ Written

Make the more/less list, today. Two columns: what you want more of in your work, and less of. Kinds of problems, people, scope, recognition. Be concrete, using script 1. "More growth" doesn't count; "more work that involves [X]" does.

Move 2

20 min · ☐ Written

Name the next real step. Not the dream title. The next move from where you are now. Phrase it as a direction with script 2, then run it through the "so that" check in script 3.

Move 3

10 min · ☐ Written

Write the one-year line. Two sentences on where you want to be in a year, built from the more/less list. Use script 4. Present-tense, specific, yours.

The more/less worksheet

Be concrete. "More growth" doesn't count; "more work that involves [X]" does.

MORE OF	LESS OF

The one-year line

Two sentences on where you want to be in a year, built from the more/less list. Present-tense, specific, yours.

Script cards (cut along the dashed lines)

1. The more/less line

"More: [specific]. Less: [specific]." Force the specifics. Not "more leadership," but "more owning a project end to end."

2. The next-step line

"My next step is [role, scope, or skill], not [the vague version]." Example: "My next step is owning a launch start to finish, not just a bigger title."

3. The "so that" check

Add "so that..." to your direction and try to finish it. "I want to move into [X] so that [what it gives you]." If you can't finish the sentence, the direction isn't clear yet, and that's useful to know now.

4. The one-year line

"In a year, I want to be [doing, known for, or working on X]." Two sentences, no more. Built from your more/less list, not from thin air.

5. The "what are you looking for" answer

When someone asks: "I'm focused on [direction]. The kind of thing I'm looking for is [specific]." Say it once, then stop.

Self-score: Week 2

Score each statement from 1 (not true) to 5 (true). Mark one box per row.

- | | | | | | | | | | | |
|--|---|--------------------------|---|--------------------------|---|--------------------------|---|--------------------------|---|--------------------------|
| 1. I can name three things I'm genuinely good at without downplaying them. | 1 | ☐ | 2 | ☐ | 3 | ☐ | 4 | ☐ | 5 | ☐ |
| 2. I know what I want my next career step to be. | 1 | ☐ | 2 | ☐ | 3 | ☐ | 4 | ☐ | 5 | ☐ |
| 3. I can explain how my past work connects to where I'm going. | 1 | ☐ | 2 | ☐ | 3 | ☐ | 4 | ☐ | 5 | ☐ |
| 4. I have a one-sentence answer to "what do you want to be known for." | 1 | ☐ | 2 | ☐ | 3 | ☐ | 4 | ☐ | 5 | ☐ |

Re-entry note

Missed week 1? Don't go back. Do this week's move 1 and 2, then borrow week 1's move 1 (the value inventory) over the weekend. You'll want it for week 3.