

Week 2: Sharpen your target

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

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. 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

Put your target to the test. Take the sentence you wrote on day one. Run the "so that" check in script 3, then rewrite it as a sharp target with script 2: name the person who decides and the specific thing.

Move 3

10 min · ☐ Said

Say the target to one person. Tell one trusted person what you're aiming at, using script 4. Saying it out loud makes it real and starts the advocacy early. No safe person to tell? Rehearse it once out loud; that counts.

The more/less worksheet

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

MORE OF	LESS OF

The sharp-target card

Name the person who decides and the specific thing you want them to see, know, or consider.

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 sharp-target line

"By day 90, I want [the person who decides] to [see, know, or consider] me for [specific role, scope, or conversation]." It names a person and a specific thing, not a title you're owed.

3. The "so that" check

Add "so that..." to your target and try to finish it: "I want [target] so that [what it gives you]." If you can't finish it, the target isn't clear yet, and that's useful to know in week 2 instead of week 12.

4. The spoken target

"I'm focused on [the target, in plain words]. I wanted you to know, in case you ever spot something that could help me get there." Say it once, then stop.

Re-entry note

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

Print for your own use. From The Next 90 Days at hersforhetaking.com.