

Week 5: Find where your work goes quiet

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

This week's moves

Move 1

15 min · ☐ Written

Start your wins log, today. Open a note on your phone titled "Wins." Write the last five things you did that worked: a problem solved, a thing shipped, a save nobody saw. Use script 1 so each says what it was worth. You'll feed this for the rest of the 90 days.

Move 2

20 min · ☐ Scored

Map who decides on your target. List five people who influence whether you reach your target: the person who decides, their boss, the peer who's always consulted, someone in another team whose work depends on yours, one senior leader with a say. Next to each, write what they could say about your work today. Write "blank" where you don't know.

Move 3

10 min · ☐ Written

Pick the gap that costs the most. Choose the one person whose blank hurts your target the most. Write: "By [a date in phase 2], I want [name] to know that I [value sentence]." That's your visibility focus for the next few weeks.

The decision map

Next to each, what they could say about your work today. Write "blank" where you don't know.

WHO	WHAT THEY COULD SAY TODAY
The person who decides	
Their boss	
The peer who's always consulted	
Someone whose work depends on mine	
One senior leader with a say	

Wins log starter (five entries)

Script cards (cut along the dashed lines)

1. The wins log line

"[What I did], so that [who] could [result]." Example shape: "Rebuilt the handoff checklist, so that onboarding stopped losing a week per hire."

2. The one-sentence value line

"I [verb] [the thing] and it [result]." Strong verbs only: built, ran, fixed, caught, shipped, untangled.

3. Stop shrinking the win

Take any sentence about your work and delete "just," "only," "kind of," "a little," "I helped with." If you helped with X, name the part you owned.

4. The peer pulse-check

To a trusted colleague: "Quick odd question. I'm taking stock of how my work lands. If someone asked you what I'm known for here, what would you say?"

Re-entry note

Coming into phase 2 from a slow phase 1? Start here, not back at week 1. Do move 1 and move 2; this map is the spine of the next five weeks.

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