

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

Move 1

15 min · ☐ Written

List your people, today. Open a note on your phone, title it "My professional circle." Write everyone currently in your professional world: colleagues, former colleagues, people you've met at events, people in your field you follow. Don't filter, don't rank. Use script 1 to jog the categories.

Move 2

20 min · ☐ Written

Sort by the two questions that matter. Next to each name, mark two things using script 2: does this person have access to rooms you want to be in, and have they actually seen your work. The overlap is where your real opportunities live.

Move 3

10 min · ☐ Written

Name your three. From the map, pick three people to focus on for the next month. Not the most senior. The three where a real connection is realistic and worth building. Use script 3.

People I work with now	People I used to work with
People I've met once or twice	People in my field I follow or admire

[illegible]

The focus three

Three people for the next month. Not the most senior; the three where a real connection is realistic.

Script cards (cut along the dashed lines)

1. The circle prompt

Write names under four headings so you don't miss anyone: people I work with now, people I used to work with, people I've met once or twice, and people in my field I follow or admire.

2. The two-question sort

For each name, answer yes or no to both: "Does this person have access to rooms I want to be in?" and "Has this person actually seen me do real work?" Mark the people who get two yeses; that overlap is your starting point.

3. The focus-three rule

Pick three: "For the next month, I'm focused on building a real connection with [name], [name], and [name]." Three you can actually tend beats thirty you'll ignore.

4. The gap read

If no one with real access has seen your work, write that down plainly: "My first job isn't finding a sponsor, it's getting my work seen by someone who can open a door." That sentence sets up week 4.

5. The warm-or-cold mark

Next to your three, note the last time you actually spoke. "Warm" if it's been recent, "cold" if you can't remember. Honesty here tells you who needs a follow-up first.

Self-score: Week 1

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

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|---|---|--------------------------|---|--------------------------|---|--------------------------|---|--------------------------|---|--------------------------|
| 1. I can name the people whose support would genuinely move my career forward. | 1 | ☐ | 2 | ☐ | 3 | ☐ | 4 | ☐ | 5 | ☐ |
| 2. I can start a conversation with someone senior without rehearsing it in my head first. | 1 | ☐ | 2 | ☐ | 3 | ☐ | 4 | ☐ | 5 | ☐ |
| 3. I follow up after a good conversation instead of letting it fade. | 1 | ☐ | 2 | ☐ | 3 | ☐ | 4 | ☐ | 5 | ☐ |
| 4. Someone with real influence has seen my work and would put my name forward. | 1 | ☐ | 2 | ☐ | 3 | ☐ | 4 | ☐ | 5 | ☐ |

Re-entry note

Starting late? Do move 1 and move 2, skip move 3 until they're done. That's the whole catch-up.
