

Before and after score sheet

The same four statements, scored at the start and at the end.

What moved

STATEMENT	BASELINE	DAY 28
1. People beyond my manager could name what I'm working on right now.		
2. I can state my last win in one sentence without shrinking it.		
3. I said something in a meeting this week that wasn't a status update.		
4. My wins from the last month are written down where I can find them.		

Look at the gap between the two columns before you read anything else. That movement came from moves you made: emails sent, words said in rooms, a map that told the truth. Not from feeling more confident first. The confidence is following the evidence, which is the only direction it reliably travels.

Keep it running

One habit, not ten: **the Friday 15**. Fifteen minutes, wins log open, add the week. Everything else in the system feeds off that log: the monthly update writes itself, the review answers write themselves, the advocate notes have material. If you keep one thing, keep this.