

Weekly Score Card

Monday, 19 January 2026 10:23 AM



Weekly Scorecard – Better Business. Better Life.

This worksheet is designed to be simple, practical, and used every week.

The purpose is not perfection. The purpose is clarity, consistency, and accountability.

Anchor to Outcomes

Before choosing actions, be clear on what you actually want.

This year will be a success for me if: (Think better business AND better life.)

More profit, less stress, more time, better health, stronger relationships

Identify Your Weekly Drivers For Each Area

Keep this simple. Choose actions you can control.

Business

| Activity | Target Per Week |
|--------------------------------|-----------------|
| On business time | 5 hours 1 x 5 |
| 10 sales call | 10 |
| Team meeting | 1 |
| Catch staff doing things right | 2 |
| | |

Health

| Activity | Target Per Week |
|----------------------------|-----------------|
| Exercise / Gym | 4 |
| No Sugar | 5 days |
| Light Out / Sleep 09:00 pm | 5 |
| Alcohol free days | 5 |
| Meditate | 7 |

Relationships

| Activity | Target Per Week |
|--|-----------------|
| Quality time with partner daily | 5 |
| Fun Family Activity | 1 |
| Phone Free Dinners - no phones at the table. | 7! |
| Tech Free Day | 1 |
| Friends for dinner in or out | 1 |

Personal Discipline

| Activity | Target Per Week |
|------------------------|-----------------|
| Wake up at 4:30 am M-F | 5 |
| Daily Intentions | 5 |
| Daily Reflections | 7 |
| Weekly Intentions | 1 |
| | |

Other

| Activity | Target Per Week |
|-----------------------|-----------------|
| One home job per week | |
| | |
| | |
| | |
| | |

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This week starting (date): 19th January

My focus for the week: MAD DAY INVITES

| Activity | M | T | W | T | F | S | S | Target | Actual |
|-----------------------|---|---|---|---|---|---|---|--------|--------|
| Exercise | ✓ | ✓ | - | ✓ | - | - | - | 5 | 3/5 |
| No Sugar | ✓ | - | - | - | - | - | - | 5 | |
| Daily Intentions | | | | | | | | 5 | |
| Gratitude | | | | | | | | 7 | |
| Sales Calls | | | | | | | | 10 | |
| On the business (hrs) | | | | | | | | 8 | |
| In bed by 9pm | | | | | | | | 6 | |
| Home Job | | | | | | | | 1 | |
| Friends | | | | | | | | 1 | |
| Weekly Intentions | | | | | | | | 1 | |

Reality Check

Which one of these actions will make the biggest difference if done consistently?

No Sugar

Which one am I most likely to avoid or rationalise away?

No Sugar → what can I do → cut of the losses

Reminder

What gets measured gets managed.

Consistency beats intensity.

Build the week properly and the year takes care of itself.