

This planner is for deciding your rotation before the week starts. Choosing in the moment tends to land on the same few favorites, and favorites are how repetition returns without you noticing. On the left, check the colors you plan to use that day and write the details on the lines, or mark it as a non-use day. If you are rotating within the day, check every color you plan to use. Use the right side at the end of the day for what actually happened and anything worth noting. Read down the sheet at the end of the week. If one color keeps appearing more often than you planned, that is the pattern this sheet exists to show you. Fill in the block at the bottom before you start the next sheet.

MONDAY -	RED ☐	GREEN ☐	WHITE ☐	GOLD ☐	NONE ☐	NOTES	FOLLOWED THE PLAN	YES ☐	NO ☐
TUESDAY -	RED ☐	GREEN ☐	WHITE ☐	GOLD ☐	NONE ☐	NOTES	FOLLOWED THE PLAN	YES ☐	NO ☐
WEDNESDAY -	RED ☐	GREEN ☐	WHITE ☐	GOLD ☐	NONE ☐	NOTES	FOLLOWED THE PLAN	YES ☐	NO ☐
THURSDAY -	RED ☐	GREEN ☐	WHITE ☐	GOLD ☐	NONE ☐	NOTES	FOLLOWED THE PLAN	YES ☐	NO ☐
FRIDAY -	RED ☐	GREEN ☐	WHITE ☐	GOLD ☐	NONE ☐	NOTES	FOLLOWED THE PLAN	YES ☐	NO ☐
SATURDAY -	RED ☐	GREEN ☐	WHITE ☐	GOLD ☐	NONE ☐	NOTES	FOLLOWED THE PLAN	YES ☐	NO ☐
SUNDAY -	RED ☐	GREEN ☐	WHITE ☐	GOLD ☐	NONE ☐	NOTES	FOLLOWED THE PLAN	YES ☐	NO ☐

NEXT WEEK – *What are you carrying forward?*

This sheet is not meant to be used forever. It's offered simply to make a pattern visible while you are still learning to see it. Once you can see it without the sheet, you'll no longer need it.



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