Where Plans Break

The seven obstacles between intention and consistent progress.

1	**Direction** weeks 1–3	WHERE IT BREAKS You chase goals you borrowed from someone else, so they never feel worth the effort.	WHEN IT HOLDS You can say in one sentence where this period of your life is going, and it sounds like you.
2	**Focus** week 4	WHERE IT BREAKS Five priorities at once, so none of them move.	WHEN IT HOLDS One priority, and you know what you're saying no to.
3	**Milestone** week 5	WHERE IT BREAKS The goal is so far away that nothing has to happen this month.	WHEN IT HOLDS One milestone with a date, and you'd be able to prove you reached it.
4	**Design** weeks 6–7	WHERE IT BREAKS The plan lives in your head while your calendar and surroundings still serve the old life.	WHEN IT HOLDS Your calendar and your space make the right action the easy one.
5	**Evidence** weeks 8–9	WHERE IT BREAKS You judge progress by how you feel, so one bad day convinces you nothing works.	WHEN IT HOLDS A daily record of your Promises shows the pattern, and you adjust from facts.
6	**Recovery** weeks 10–11	WHERE IT BREAKS One missed day becomes a missed week, then a quiet restart in January.	WHEN IT HOLDS You have a rule for missing, so a slip costs you a day and the plan survives.
7	**Independence** week 12	WHERE IT BREAKS Progress lasts as long as someone holds you accountable, then fades.	WHEN IT HOLDS You direct, design, record and recover on your own.

Which one is yours?

We work through all seven transformations together.
Each week, you get closer to a life you chose yourself.

→ Tell me where yours breaks

I reply to every message myself.



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