Turn the effort you already put in into results.

You can care deeply and work hard without getting the result you want. Structure is the system that carries your intention and fuel every day.

1 STRUCTURE IS THE MULTIPLIER.

Intention is what you aim for. Fuel is the reason you care. Together, they need a system that carries them into your week.

TAKEAWAY · Add 10 to 20% more time to the tasks that matter most.

2 FUEL NEEDS CONTAINMENT.

Structure does not shrink your passion. It points it. Give what you care about a home on your calendar: a day, a time and a rhythm.

TAKEAWAY · Structure gives an element of freedom; rhythm gives an element of peace.

3 PROVE THE SYSTEM RIGHT.

Follow the system exactly as designed for a set number of cycles. Then review it. Change your inputs before changing a system that works.

TAKEAWAY · Commit to 10 cycles. No edit until the review.

> **(Intention + Fuel) × Structure = Results.**
> **Anything multiplied by zero is still zero.**

FREE WORKSHEET · TURN EFFORT INTO RESULTS

Find your lowest number.

Take the goal you care about most. Score each part from 1 to 10. Work on your lowest number this week.

MY GOAL

INTENTION /10	FUEL /10	STRUCTURE /10

1 CREATE MARGIN

Which tasks matter most? Add 10 to 20% more time to each.

2 GIVE THE GOAL A HOME

The day, time and rhythm I will use before Friday:

3 RUN THE SYSTEM

The system I will follow for 10 cycles, exactly as designed:

What counts as one cycle? When will I review my inputs?

MY ONE ACTION THIS WEEK

My lowest score is _____. The action I will take is: