

# UNSTOPPABLE

Clarity & Execution Planner

**Build, Work, Live from Alignment**

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**Unstoppable Execution System™**

**Unstoppable Execution Log™**

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**This is not just another planner.  
This is a clarity and execution system.**

# **What is the Unstoppable Execution Planner™?**

This planner is built on one principle: **FOCUS WINS.**

Most planners ask you to track 10 goals across every area of life. This one doesn't. You pick 2 priorities per quarter:

**1 PRIMARY** = Gets transformation focus (60%+ of your effort)

**1 SECONDARY** = Stays stable while you transform the primary

Everything else is on autopilot. This planner is dateless. Start anytime. Use it for any year.

This planner integrates with **Align™, your AI-Powered Clarity and Execution Coach.** The planner tells you **WHAT** to focus on. Align™ helps you with **HOW** to move when you're stuck.

## **WHO THIS IS FOR**

- You know what to do but can't focus long enough to do it
- You're tired of starting 10 things and finishing none
- You want deep results in one area, not shallow progress everywhere
- You need constraint, not more options

## **WHO THIS IS NOT FOR**

- You want to "balance" 10 different life areas at one time
- You resist focus because it feels like ignoring other things
- You need complex systems to feel productive.

# How to Use the Unstoppable Execution Planner™

## **STEP 1: ANNUAL SETUP (10 minutes)**

Pick 4 priorities for the year. One per quarter.

## **STEP 2: QUARTERLY SETUP (10 minutes)**

Choose 1 PRIMARY (**transformation**) + 1 SECONDARY (**maintenance**).

## **STEP 3: WEEKLY PLANNING (10 minutes every Sunday)**

Identify ONE action per priority for the week.

## **STEP 4: DAILY EXECUTION**

Do one move per priority each day. Mark completion.

## **STEP 5: 4-WEEK CHECK-INS**

Every 4 weeks, assess what's working and what's stalling.

## **STEP 6: QUARTERLY REVIEW (10 minutes)**

Did you complete the PRIMARY? What worked? What stalled? Pick next quarter's priorities.

## **STEP 7: YEAR-END REVIEW**

Reflect on the year. What transformed? What's next?

# What are PRIMARY and SECONDARY Priorities?

## A PRIMARY Priority...

**This is what transforms this quarter.**

- You're building, launching, changing, or achieving something new
- Gets 60%+ of your focus and energy
- Weekly actions are aggressive and build momentum

**Examples:**

- Launch your business
- Lose 30 pounds
- Rebuild a relationship
- Get promoted at work

## A SECONDARY Priority...

**This is what stays stable while you transform the primary.**

- You're not transforming it. You are just maintaining what's already working
- Gets 40% or less of your effort
- Weekly actions are minimal, maintenance level

**Examples:**

- If PRIMARY is **launch a business**, then SECONDARY might be **maintain health routine**
- If PRIMARY is **get promoted**, then SECONDARY might be **keep business revenue stable**

# Choosing PRIMARY and SECONDARY Priorities...

## How to Choose PRIMARY vs. SECONDARY

Ask yourself:

**What's breaking or needs to transform right now?**

This is your **PRIMARY**

**What can't fall apart while I focus on #1?**

This is your **SECONDARY**

**What can run on autopilot for the next 12 weeks?**

Everything else

# PRIORITY Examples by Domain

## **BUSINESS:**

Launch Offer | Create Signature Program | Build Email list to 1,000

## **CAREER:**

Get Promoted | Build Executive Presence | Change Jobs

## **HEALTH:**

Lose 30 lbs | Run a 5K | Build Workout Routine | Improve Nutrition

## **RELATIONSHIP:**

Rebuild Connection | Restore Intimacy | Have Hard Conversation

## **MONEY:**

Save \$5K | Build Emergency Fund | Pay off Credit Card Debt

## **PERSONAL:**

Move to a New City | Heal from Burnout | Complete Certification

## **LEADERSHIP:**

Develop Team | Build Culture | Establish Authority

# What if I Miss a Week or Something Goes Wrong?

**Don't Start Over. Don't Quit. Start from Now.**

Did you complete the Weekly action? **Yes or No.**

- **If NO:** Do the same action next **OR** adjust if it's no longer relevant.
- Move forward. One missed week **doesn't erase all the good ones.**

## **Are You Doing Too Much?**

**If you are tempted to add a 3<sup>rd</sup> priority, ask:**

- Is my PRIMARY getting 60%+ of my focus?
- Is my SECONDARY actually maintaining or am I transforming it too?
- Am I avoiding depth by chasing breadth?

**If PRIMARY isn't getting majority focus,  
you're doing too much.**

# When to Use Align™

**Align™** is Your AI-Powered Coach that helps you with **HOW** to move when you are stuck.

## Use Align™ when:

- You know this week's action but can't start
- You've been avoiding doing the same action for 2+ weeks
- You feel stuck but don't know why
- You need to break the stall and restore movement



After Align™ gives you the reps, you complete them, then return to the planner and mark your weekly action complete.

## Change Priorities Mid-Quarter **ONLY** If Circumstances Change

Make the change intentional, **not reactive**.

If you're tempted to swap because you're avoiding the hard work, that's a stall, not a priority shift.

If you're genuinely stuck, **go to Align™ first**. It will help you determine if you need to adjust the priority or simply break the stall.

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# ANNUAL PRIORITY MAP

Year\_\_\_\_\_

## Q1 PRIORITY (Jan-Mar)

Primary (**Transformation**): \_\_\_\_\_

Secondary (**Maintenance**): \_\_\_\_\_

## Q2 PRIORITY (Apr-Jun)

Primary (**Transformation**): \_\_\_\_\_

Secondary (**Maintenance**): \_\_\_\_\_

## Q3 PRIORITY (Jul-Sept)

Primary (**Transformation**): \_\_\_\_\_

Secondary (**Maintenance**): \_\_\_\_\_

## Q4 PRIORITY (Oct-Dec)

Primary (**Transformation**): \_\_\_\_\_

Secondary (**Maintenance**): \_\_\_\_\_

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# 4-WEEK CHECK-IN

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**On Track?** Yes   No   Needs Adjustment

If No or Needs Adjustment

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\_\_\_\_\_

What Needs to Change: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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**SECONDARY** Priority: \_\_\_\_\_

**Still Stable?** Yes   No

**Continue as Planned?** Yes   Adjust Next 4 Weeks

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WEEK \_\_\_\_\_ | Q \_\_\_\_\_ | Dates: \_\_\_\_\_ to \_\_\_\_\_

**PRIMARY PRIORITY:** \_\_\_\_\_

This week's action (transformation): \_\_\_\_\_

**SECONDARY PRIORITY:** \_\_\_\_\_

This week's action (transformation): \_\_\_\_\_

**Monday (Date: \_\_\_\_\_)**

PRIMARY MOVE: \_\_\_\_\_ | Complete: Yes No

SECONDARY MOVE: \_\_\_\_\_ | Complete: Yes No

**Tuesday (Date: \_\_\_\_\_)**

PRIMARY MOVE: \_\_\_\_\_ | Complete: Yes No

SECONDARY MOVE: \_\_\_\_\_ | Complete: Yes No

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PRIMARY MOVE: \_\_\_\_\_ | Complete: Yes No

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# QUARTERLY REVIEW

Q: \_\_\_\_ | Date: \_\_\_\_\_

**PRIMARY** Priority: \_\_\_\_\_

**Achieved?** Yes No

What Worked: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What Stalled: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**SECONDARY** Priority: \_\_\_\_\_

**Maintained?** Yes No

Biggest takeaway(s) from this quarter: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Next Quarter PRIMARY Priority: \_\_\_\_\_

Next Quarter SECONDARY Priority: \_\_\_\_\_

WEEK \_\_\_\_\_ | Q \_\_\_\_\_ | Dates: \_\_\_\_\_ to \_\_\_\_\_

**PRIMARY PRIORITY:** \_\_\_\_\_

This week's action (transformation): \_\_\_\_\_

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# 4-WEEK CHECK-IN

Week: \_\_\_\_ | Date: \_\_\_\_\_

**PRIMARY** Priority: \_\_\_\_\_

**On Track?** Yes   No   Needs Adjustment

If No or Needs Adjustment

What's Stalling?: \_\_\_\_\_

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What Needs to Change: \_\_\_\_\_

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**SECONDARY** Priority: \_\_\_\_\_

**Still Stable?** Yes   No

**Continue as Planned?** Yes   Adjust Next 4 Weeks

WEEK \_\_\_\_ | Q \_\_\_\_ | Dates: \_\_\_\_\_ to \_\_\_\_\_

**PRIMARY PRIORITY:** \_\_\_\_\_

This week's action (transformation): \_\_\_\_\_

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# 4-WEEK CHECK-IN

Week: \_\_\_\_ | Date: \_\_\_\_\_

**PRIMARY** Priority: \_\_\_\_\_

**On Track?** Yes   No   Needs Adjustment

If No or Needs Adjustment

What's Stalling?: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What Needs to Change: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SECONDARY** Priority: \_\_\_\_\_

**Still Stable?** Yes   No

**Continue as Planned?** Yes   Adjust Next 4 Weeks

WEEK \_\_\_\_ | Q \_\_\_\_ | Dates: \_\_\_\_\_ to \_\_\_\_\_

PRIMARY PRIORITY: \_\_\_\_\_

This week's action (transformation): \_\_\_\_\_

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# QUARTERLY REVIEW

Q: \_\_\_\_ | Date: \_\_\_\_\_

**PRIMARY** Priority: \_\_\_\_\_

**Achieved?** Yes No

What Worked: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What Stalled: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**SECONDARY** Priority: \_\_\_\_\_

**Maintained?** Yes No

Biggest takeaway(s) from this quarter: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Next Quarter PRIMARY Priority: \_\_\_\_\_

Next Quarter SECONDARY Priority: \_\_\_\_\_

WEEK \_\_\_\_ | Q \_\_\_\_ | Dates: \_\_\_\_\_ to \_\_\_\_\_

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# 4-WEEK CHECK-IN

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**PRIMARY** Priority: \_\_\_\_\_

**On Track?** Yes   No   Needs Adjustment

If No or Needs Adjustment

What's Stalling?: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What Needs to Change: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SECONDARY** Priority: \_\_\_\_\_

**Still Stable?** Yes   No

**Continue as Planned?** Yes   Adjust Next 4 Weeks

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# 4-WEEK CHECK-IN

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**PRIMARY** Priority: \_\_\_\_\_

**On Track?** Yes   No   Needs Adjustment

If No or Needs Adjustment

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What Needs to Change: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SECONDARY** Priority: \_\_\_\_\_

**Still Stable?** Yes   No

**Continue as Planned?** Yes   Adjust Next 4 Weeks

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# QUARTERLY REVIEW

Q: \_\_\_\_ | Date: \_\_\_\_\_

**PRIMARY** Priority: \_\_\_\_\_

**Achieved?** Yes No

What Worked: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What Stalled: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**SECONDARY** Priority: \_\_\_\_\_

**Maintained?** Yes No

Biggest takeaway(s) from this quarter: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Next Quarter PRIMARY Priority: \_\_\_\_\_

Next Quarter SECONDARY Priority: \_\_\_\_\_

WEEK \_\_\_\_ | Q \_\_\_\_ | Dates: \_\_\_\_\_ to \_\_\_\_\_

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SECONDARY MOVE: \_\_\_\_\_ | Complete: Yes No

Primary Priority Action Complete? Yes No Secondary Priority Action Complete? Yes No

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WEEK \_\_\_\_ | Q \_\_\_\_ | Dates: \_\_\_\_\_ to \_\_\_\_\_

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# 4-WEEK CHECK-IN

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**PRIMARY** Priority: \_\_\_\_\_

**On Track?** Yes   No   Needs Adjustment

If No or Needs Adjustment

What's Stalling?: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What Needs to Change: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SECONDARY** Priority: \_\_\_\_\_

**Still Stable?** Yes   No

**Continue as Planned?** Yes   Adjust Next 4 Weeks

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# 4-WEEK CHECK-IN

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**On Track?** Yes   No   Needs Adjustment

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\_\_\_\_\_  
\_\_\_\_\_

What Needs to Change: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SECONDARY** Priority: \_\_\_\_\_

**Still Stable?** Yes   No

**Continue as Planned?** Yes   Adjust Next 4 Weeks

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# 4-WEEK CHECK-IN

Week: \_\_\_\_ | Date: \_\_\_\_\_

**PRIMARY** Priority: \_\_\_\_\_

**On Track?** Yes   No   Needs Adjustment

If No or Needs Adjustment

What's Stalling?: \_\_\_\_\_

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What Needs to Change: \_\_\_\_\_

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**SECONDARY** Priority: \_\_\_\_\_

**Still Stable?** Yes   No

**Continue as Planned?** Yes   Adjust Next 4 Weeks

WEEK \_\_\_\_ | Q \_\_\_\_ | Dates: \_\_\_\_\_ to \_\_\_\_\_

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# QUARTERLY REVIEW

Q: \_\_\_\_ | Date: \_\_\_\_\_

**PRIMARY** Priority: \_\_\_\_\_

**Achieved?** Yes No

What Worked: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What Stalled: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**SECONDARY** Priority: \_\_\_\_\_

**Maintained?** Yes No

Biggest takeaway(s) from this quarter: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Next Quarter PRIMARY Priority: \_\_\_\_\_

Next Quarter SECONDARY Priority: \_\_\_\_\_

# YEAR-END REVIEW

Year: \_\_\_\_\_

**Q1 PRIMARY** Priority: \_\_\_\_\_  
**Achieved?** Yes No

**Q2 PRIMARY** Priority: \_\_\_\_\_  
**Achieved?** Yes No

**Q3 PRIMARY** Priority: \_\_\_\_\_  
**Achieved?** Yes No

**Q4 PRIMARY** Priority: \_\_\_\_\_  
**Achieved?** Yes No

**Priorities Completed:** \_\_\_\_/4

**What Worked This Year:** \_\_\_\_\_  
\_\_\_\_\_

**What Didn't Work:** \_\_\_\_\_  
\_\_\_\_\_

**Biggest Win:** \_\_\_\_\_  
\_\_\_\_\_

**Biggest Lesson:** \_\_\_\_\_  
\_\_\_\_\_

**What I'm Most Proud Of:** \_\_\_\_\_  
\_\_\_\_\_

## NEXT YEAR'S FOCUS:

**Q1 PRIMARY** Priority: \_\_\_\_\_

**Q2 PRIMARY** Priority: \_\_\_\_\_

**Q3 PRIMARY** Priority: \_\_\_\_\_

**Q4 PRIMARY** Priority: \_\_\_\_\_

# YOU ARE *Unstoppable!*

You completed the Unstoppable Year. You were made for this.

When you stall, and you will, go to Align™. It will help you move forward.

You are not on this journey alone. I'm rooting for you.

**Let's do this!**



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