UNSTOPPABLE

Clarity & Execution Planner

Build, Work, Live from Alignment

Copyright Notice

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 if 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 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 d**oesn't erase all the good ones.**

Are You Doing Too Much?

If you are tempted to add a 3rd 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.

The Planner Tracks Execution. Align™ breaks the stall. They work together.

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):** _____

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

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

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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

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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: _____

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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

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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: _____

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_____

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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: _____

WEEK____ | Q _____ | Dates: _____ to _____

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On Track? Yes   No   Needs Adjustment

If No or Needs Adjustment

What's Stalling?: _____

_____

_____

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_____

_____

_____

SECONDARY Priority: _____

Still Stable? Yes   No

Continue as Planned? Yes   Adjust Next 4 Weeks

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Stuck This Week? If you are struggling to complete the weekly action, go to **Align™, your AI-Powered Clarity and Execution Coach.** It will identify your stall pattern and give you specific reps to move forward then come back here to record your action.

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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 _____

PRIMARY PRIORITY: _____

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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: _____

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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?: _____

_____

_____

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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

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PRIMARY Priority: _____

On Track? Yes   No   Needs Adjustment

If No or Needs Adjustment

What's Stalling?: _____

_____

_____

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Still Stable? Yes   No

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Monday (Date:_____)

PRIMARY MOVE: _____ | **Complete:** Yes   No

SECONDARY MOVE: _____ | **Complete:** Yes   No

Tuesday (Date:_____)

PRIMARY MOVE: _____ | **Complete:** Yes   No

SECONDARY MOVE: _____ | **Complete:** Yes   No

Wednesday (Date:_____)

PRIMARY MOVE: _____ | **Complete:** Yes   No

SECONDARY MOVE: _____ | Complete: Yes   No

Thursday (Date:_____)

PRIMARY MOVE: _____ | **Complete:** Yes   No

SECONDARY MOVE: _____ | **Complete:** Yes   No

Friday (Date:_____)

PRIMARY MOVE: _____ | **Complete:** Yes   No

SECONDARY MOVE: _____ | **Complete:** Yes   No

Saturday (Date:_____)

PRIMARY MOVE: _____ | **Complete:** Yes   No

SECONDARY MOVE: _____ | **Complete:** Yes   No

Sunday (Date:_____)

PRIMARY MOVE: _____ | **Complete:** Yes   No

SECONDARY MOVE: _____ | **Complete:** Yes   No

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

Stuck This Week? If you are struggling to complete the weekly action, go to **Align™, your AI-Powered Clarity and Execution Coach.** It will identify your stall pattern and give you specific reps to move forward then come back here to record your action.

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!