

The Anti-Resolution Toolkit

Systems > Willpower.

This toolkit replaces vague goals with three concrete, high-leverage systems. Use these to automate your success, prevent burnout, and reclaim your time, without relying on motivation.

System 1: The 1% Daily Tracker (The Habit Builder)

The Problem: Vague goals like "Get better at X" fail because they are too big and lack a clear, daily action.

The System: Focus on doing one small, binary action every single day that aligns with your biggest growth area. The goal is to mark the box "Yes" (X), not to achieve perfection.

Phase A: Define Your 1% Action

Area of Improvement (Goal)	The 1% Action (Must be simple, 10 minutes max)
Example: <i>Better Leader/Manager</i>	<i>Send one "Thank You" or positive feedback message to a team member.</i>
Example: <i>Improve Coding/Skill</i>	<i>Read one article or watch one tutorial video related to the skill.</i>
Example: <i>Better Networker</i>	<i>Send one "check-in" text or email to a former colleague.</i>
Your Target Area:	
Your 1% Daily Action:	

Phase B: The Binary Tracker (Don't Break the Chain)

(Goal: Achieve a minimum of 20 "Yes" marks per month.)

Week 1	1	2	3	4	5	6	7
Mon-Sun							
Week 2	8	9	10	11	12	13	14
Mon-Sun							
Week 3	15	16	17	18	19	20	21
Mon-Sun							
Week 4	22	23	24	25	26	27	28
Mon-Sun							

System 2: The Pre-Mortem Protocol (The Risk Communicator)

The Problem: "I need to communicate better" is meaningless. Communication often breaks down when risks are ignored or stated too late.

The System: Before you launch a project or start a high-stakes week, force yourself to predict failure. This allows you to communicate potential problems proactively (the "Say It Early" approach).

The Three Pre-Mortem Questions

Imagine it is six months from now, and this initiative/project/goal has completely failed. What are the three primary reasons why?

Potential Failure Point	Root Cause (The "Why")	The Proactive Communication Fix (Today's Action)
Example: <i>The project missed the deadline.</i>	<i>We didn't secure budget for the external vendor.</i>	<i>I will email the sponsor today to confirm the vendor budget.</i>
1.		
2.		
3.		

System 3: The Power Hour Protocol (The Focus Protector)

The Problem: "Working harder" just leads to more time spent in distracted, shallow work. True progress comes from deep, uninterrupted focus.

The System: Block and fiercely protect one hour every day for your highest-value work. This is when you do strategic planning, learning, or complex tasks.

The Power Hour Rules

1. **Time Block:** Set a recurring calendar block (e.g., 8:00 AM – 9:00 AM) and name it something like **"Deep Work – DO NOT BOOK."**
2. **No Exceptions:** If someone tries to book over it, use the "Graceful Decline" email template from our other video. This time is non-negotiable.
3. **Digital Isolation:**
 - Mute all Slack/Teams notifications.
 - Close your email client completely.
 - Put your phone on silent and place it in a different room.

My Protected Power Hour

Day	Start Time	End Time	Target Task for Deep Work
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			

Bonus: The Friday 5 (The Joy/People System)

A quick, mechanical system to maintain your critical professional and personal network.

Every **Friday at 4:00 PM**, set a 5-minute timer and send 5 simple, high-impact texts or emails:

- **3 to professional contacts:** "Saw your recent post—great work on [Project X]!" or "Thinking of you."
- **2 to personal contacts:** A quick meme, a check-in, or "What are your weekend plans?"

The investment is 5 minutes a week; the return is a stable, supportive network for life and career.