

A vertical line runs down the center of the page. The background features a light gray, torn paper effect with irregular, jagged edges. The text is centered within this torn paper area.

# *The Vision-First*

WEEKLY JOURNAL

[www.joyceakiko.com](http://www.joyceakiko.com)

DATE \_\_\_\_\_

# PART 1: REVIEW OF LAST WEEK

HOW I FEEL ABOUT LAST WEEK



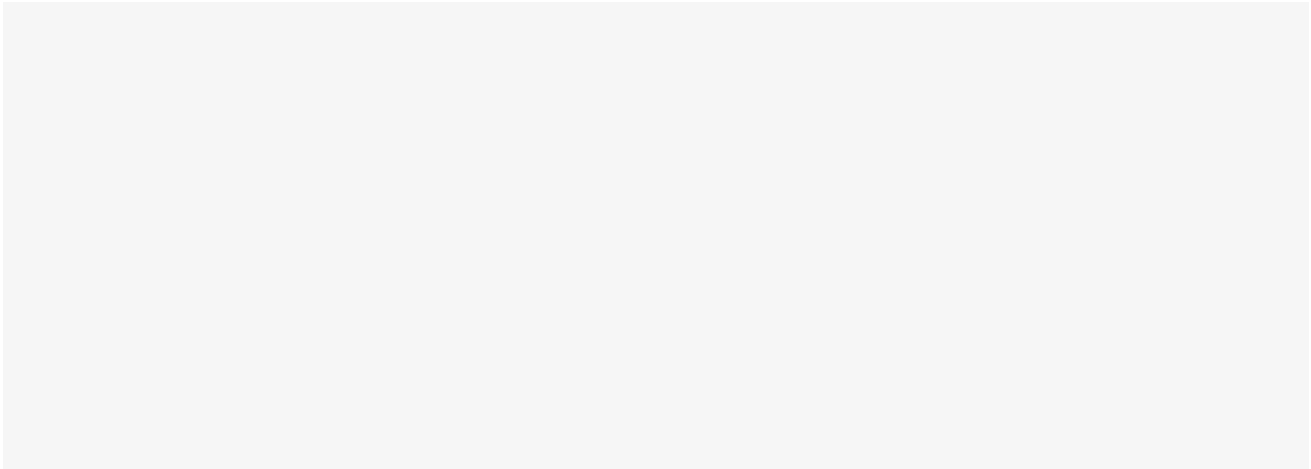
MY RANKING OF LAST WEEK



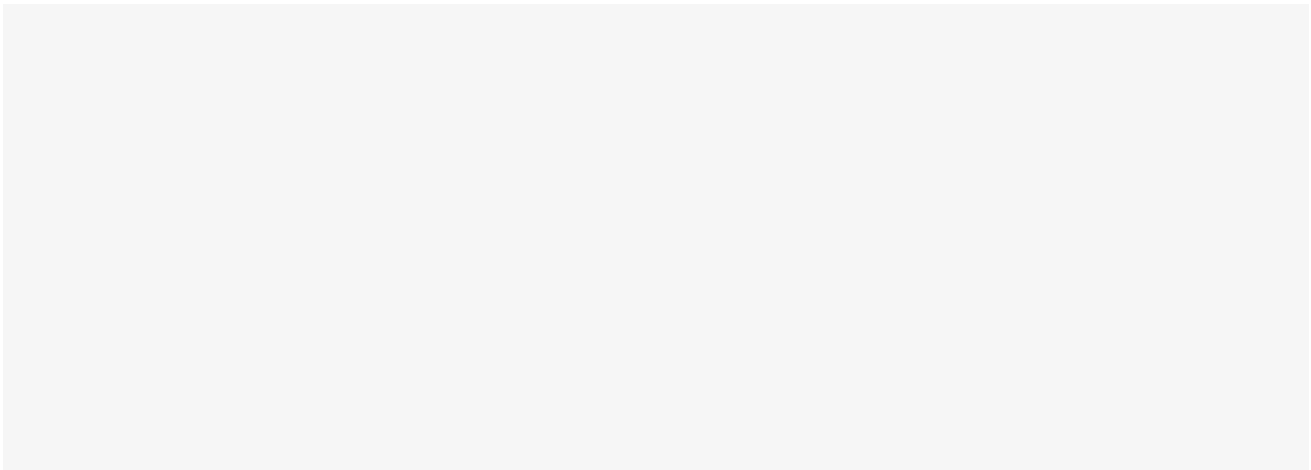
WHAT DID I LEARN ABOUT MYSELF IN MY BUSINESS LAST WEEK?

WHAT FELT HEAVY, SLOW, OR OFF IN MY BUSINESS LAST WEEK?

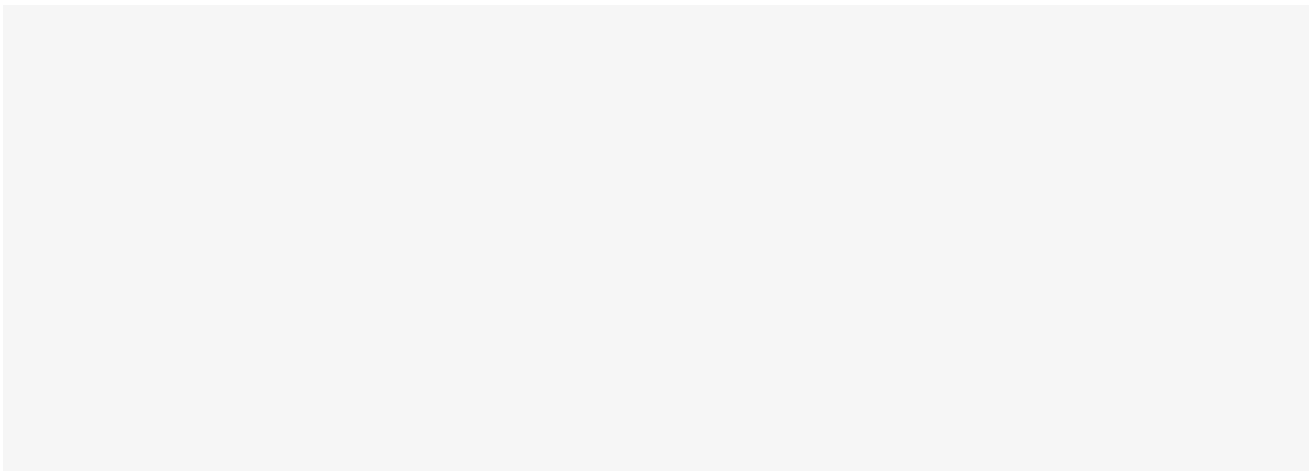
WHAT TASKS CLUTTERED UP MY CREATIVITY LAST WEEK?



WHAT TASKS ENERGIZED ME THE MOST LAST WEEK?

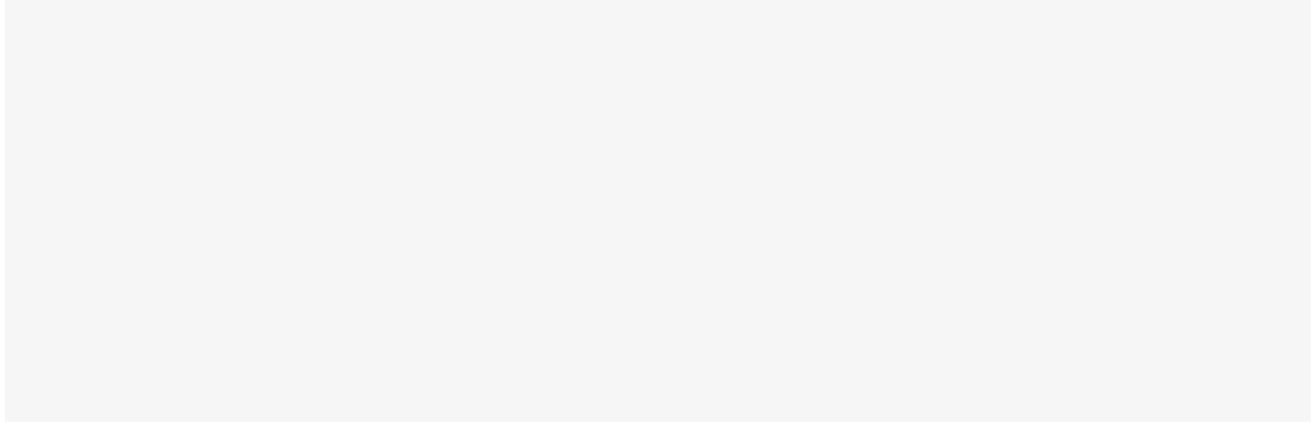


WHAT FELT SURPRISINGLY EASY — AND HOW CAN I LEAN INTO THAT MORE?

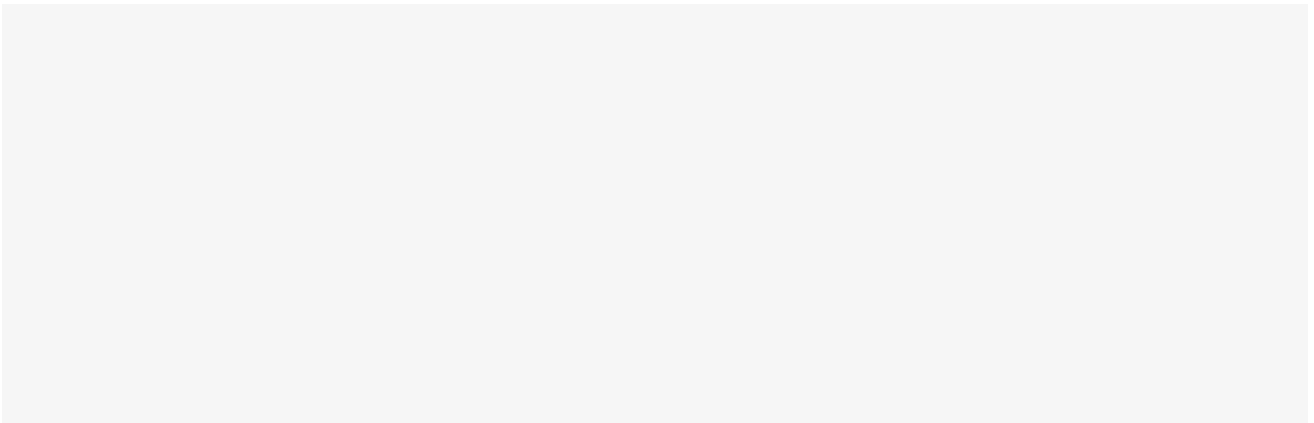


# PART 2: PLAN FOR THIS WEEK

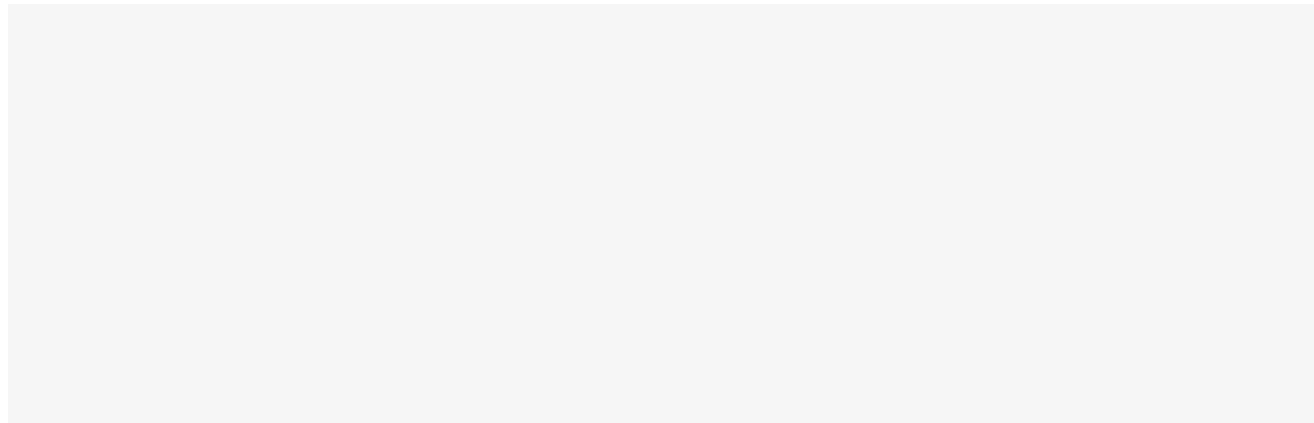
WHAT'S MY #1 STRATEGIC PRIORITY THIS WEEK — AND WHY?



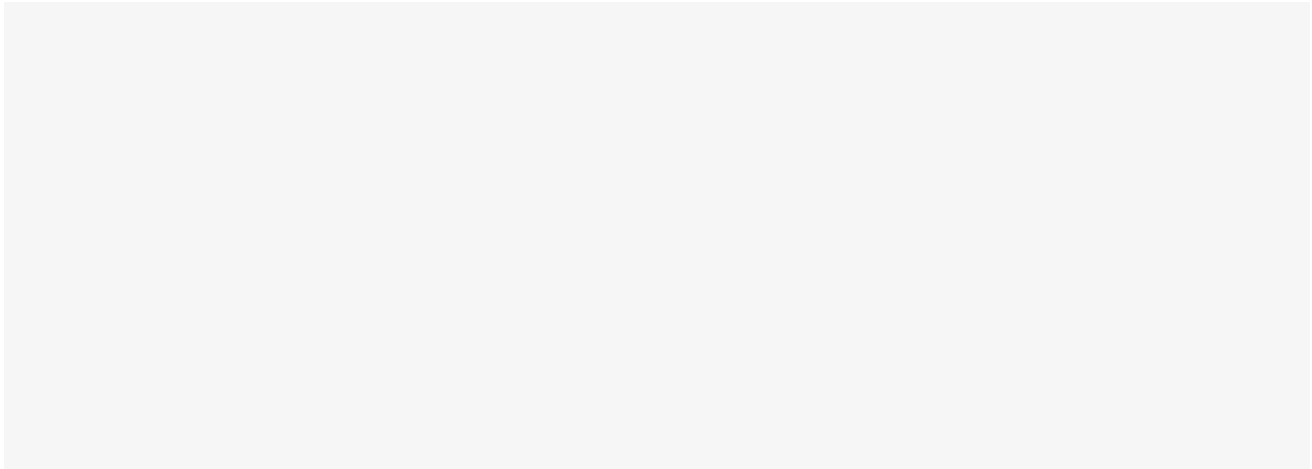
IF I ONLY GOT 3 HOURS OF WORK TIME THIS WEEK, HOW WOULD I USE IT?



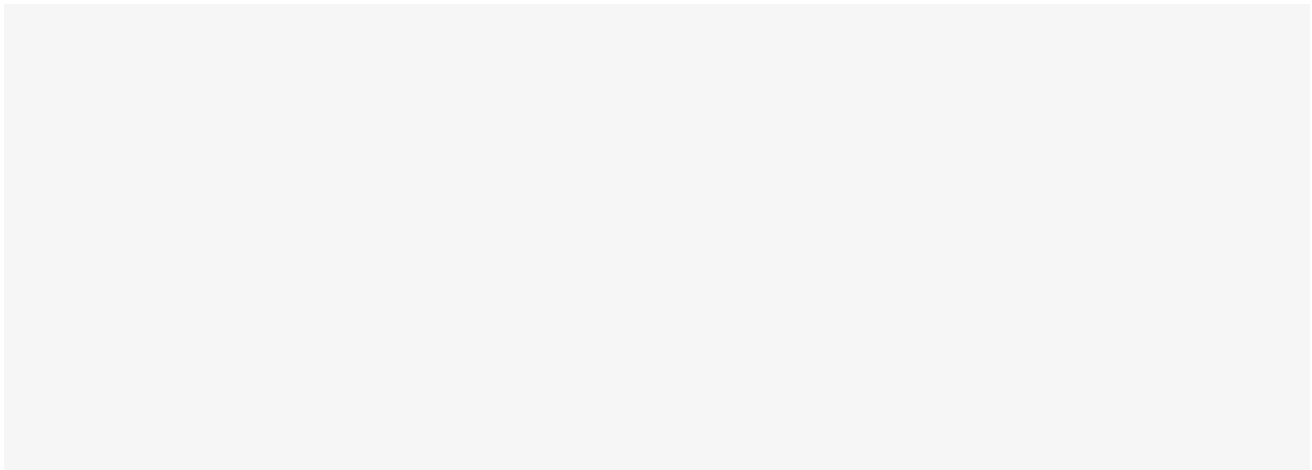
WHAT'S SOMETHING I CAN SAY NO TO THAT PROTECTS MY FOCUS?



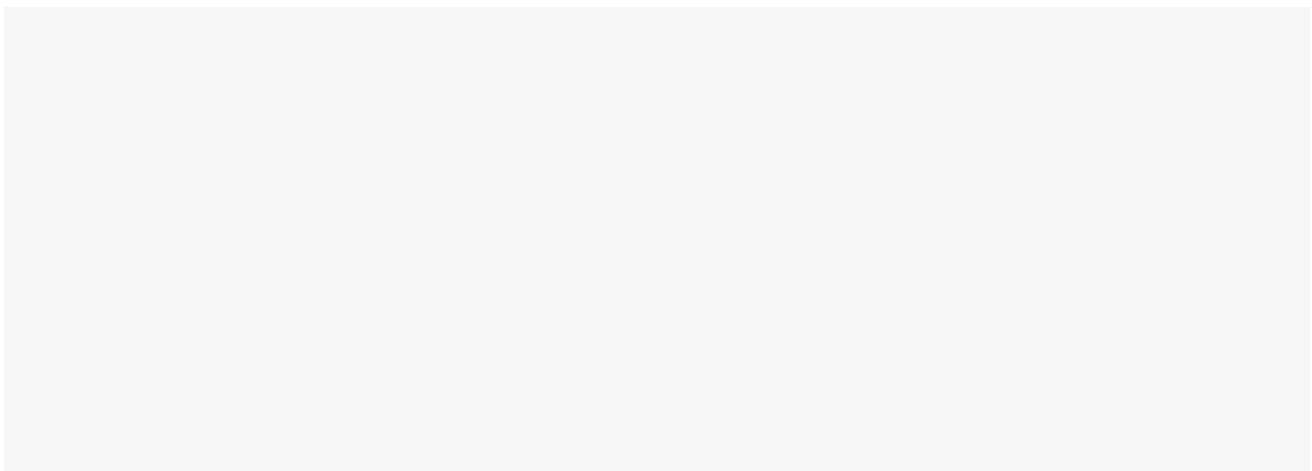
WHAT WOULD MAKE THIS WEEK FEEL LIGHTER AND MORE INTENTIONAL?



WHAT IDEA, IF ACTED ON, WOULD CREATE THE MOST MOMENTUM?

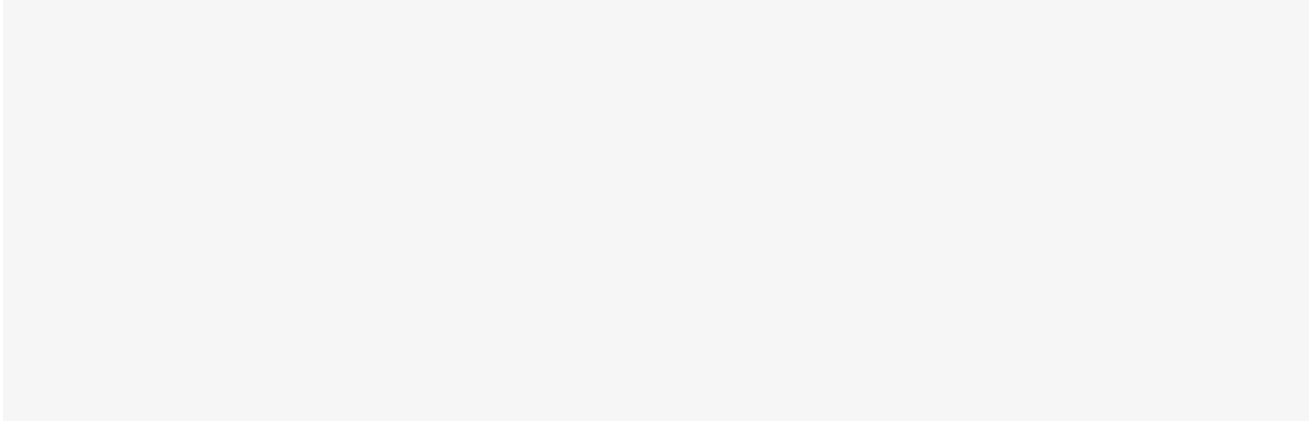


HOW DO I WANT TO FEEL AT THE END OF THIS WEEK?

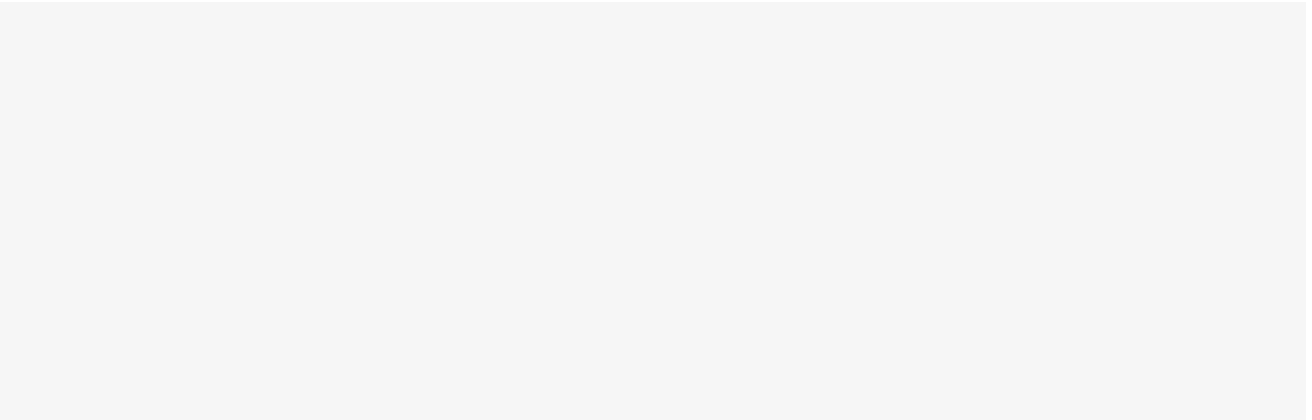


# PART 3: TAKE ACTION

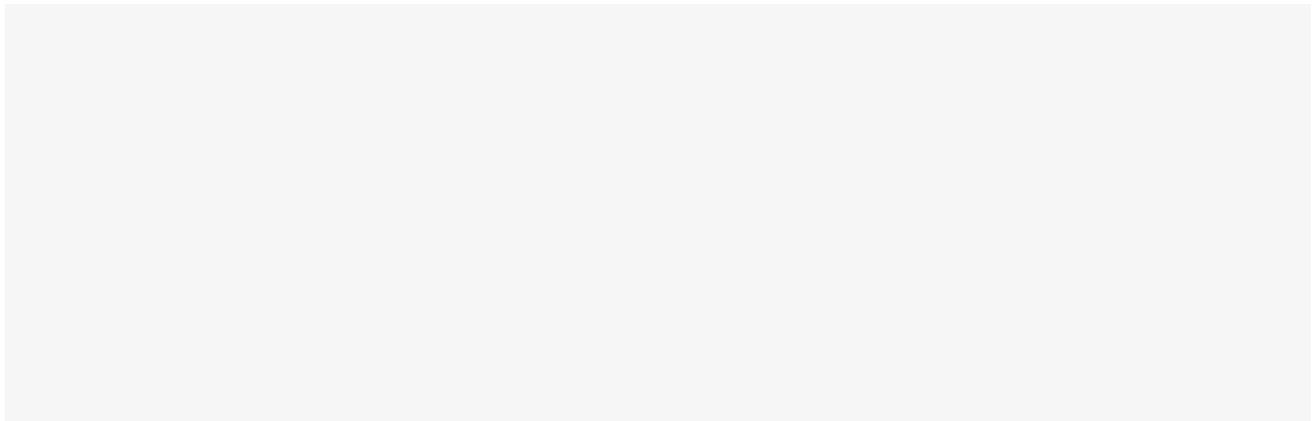
WHAT'S ONE DECISION I'VE BEEN AVOIDING THAT I WILL MAKE TODAY?



WHAT SMALL STEP WILL I TAKE RIGHT NOW THAT ALIGNS WITH MY VISION?



WHAT WILL I DELEGATE OR AUTOMATE THIS WEEK TO PROTECT MY ENERGY?



# READY TO FOCUS ON IDEAS, NOT IMPLEMENTATION?

*What if your calendar only had the things you **want** to do?*

*What if your team didn't need to ask you what to do next?*

*What if every new idea came with a ready-to-go plan for  
making it real?*

*What if your business ran smoothly even when you stepped  
away for a day (or a week)?*

All of this is possible when we work together. Book a free 30-minute exploration call to learn about how you can focus on ideas, not implementation.

**BOOK YOUR CALL TODAY**