72-Hour Blocker Protocol & KPI Tracker

Resources 02 & 04: Daily Accountability Loops, Progress Metrics, and Pattern Interruption.

01 72-Hour Pattern Interruption Protocols

* The Overthinker (Cognitive Overcontrol): 24-Hour Exposure Rule - ship the current version within 24 hours regardless of polish.
* The Drifter (Attentional Diffusion): 90-Day Single-Target Lock - freeze all secondary ideas in a vault and track finished units only.
* The Self-Doubter (Inhibited Agency): Micro-Proof Protocol - execute the smallest visible version of your delayed move today.
* The Sprinter-Burnout (Pacing Dysregulation): Slash commitments by 50% and enforce a strict 90-minute daily cadence with hard stops.

02 The Daily 9am / 9pm Accountability Loop Tracker

[ ] 9:00 AM Lock - Name today’s Frog + Big 3 outcomes before opening inbox or social feeds.

[ ] Focus Block - Complete 1 uninterrupted 90-minute block with phone in another room.

[ ] 9:00 PM Scoreboard - Log (1) Frog completed? (2) Shipped output count (3) Where drift happened (4) Tomorrow’s Frog.

03 Weekly Execution KPI Scoreboard

* Metric 1: Execution Consistency % = (Days Frog Completed / 6 Workdays) x 100. Target: 85%+.
* Metric 2: Output Velocity = Total visible deliverables/offers/pitches shipped per week.
* Metric 3: Time-to-First-Block = Minutes between waking and starting your primary focus block.