90-Day Execution Architecture & Templates

Resources 01 & 03: Quarterly/Weekly Planning Templates and Deep Focus Block Architecture.

01 The 4-Phase 90-Day Architecture Roadmap

* Phase 0 - Regulate (Days 1-21): Stabilize baseline sleep, wake cadence, and shut down 60% of low-leverage noise.
* Phase 1 - Subtract (Days 22-45): Break comfort loops, cap editing/prep time, enforce a 48-hour shipping cadence.
* Phase 2 - Align (Days 46-75): Align daily output directly with your primary revenue or career engine.
* Phase 3 - Execute (Days 76-90): Compounding self-led execution via daily 9am/9pm data loops.

02 Weekly Architecture Planning Template (Sunday 20-Min Ritual)

[ ] 1. Audit last week's shipped units vs. planned intentions (Score 0-100%).

[ ] 2. Define this week's One Non-Negotiable Deliverable (what must be live by Friday 5pm?).

[ ] 3. Schedule five 90-minute Focus Blocks on your calendar as immovable appointments.

03 Implementation Intentions (If-Then Friction Shields)

[ ] If [Trigger: I feel the urge to research/tweak instead of shipping], Then [Action: I ship the draft within 15 minutes].

[ ] If [Trigger: I open a new tab during a Focus Block], Then [Action: I write it on the Parking Lot pad and return immediately].