

# Growth Mindset Dashboard

Weekly analog tracker for mind, body, and presence.

<b>Mind – Lifelong Learning</b>	<ul style="list-style-type: none"><li>• Daily: 30–60 min focused study (stick to one main subject for at least 6 weeks).</li><li>• Capture 3 insights in a notebook.</li><li>• Make 1 connection to something you already know.</li><li>• Weekly: 30 min synthesis review of notes.</li><li>• Write one question forward for the next week.</li></ul>
<b>Body – Physical Growth</b>	<ul style="list-style-type: none"><li>• Daily: 15–20 min movement baseline.</li><li>• One intentional workout (strength, cardio, or mobility).</li><li>• End-of-day stretch or mobility work.</li><li>• Weekly: Three anchor workouts.</li><li>• One skill day (sport, hike, swim, etc.).</li><li>• One recovery ritual (sauna, walk, extra sleep).</li></ul>
<b>Presence – Analog Slowing</b>	<ul style="list-style-type: none"><li>• Daily: Morning page (5–10 min).</li><li>• Analog capture tool on hand all day.</li><li>• One mindful pause (no screens).</li><li>• Weekly: Sunday paper review of notes.</li><li>• Create one physical artifact (sketch, letter, scrapbook page).</li></ul>
<b>Integration – Weekly Reset</b>	<ul style="list-style-type: none"><li>• Sunday Evening Reset (60 min):<ul style="list-style-type: none"><li>• 1. Review week in mind, body, and presence.</li><li>• 2. Choose focus subject for next week.</li><li>• 3. Set 3 anchor workouts.</li><li>• 4. Prepare analog tools.</li></ul></li></ul>