

Growth Mindset Dashboard

A weekly analog tracker for lifelong learning, physical growth, and presence.

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