

RECHARGE · DEPLOY · REVIEW

Plan a week you can sustain.

Every profile has a rhythm: time to recharge and time to deploy what God has given you. Set this week's balance, plan both sides on purpose, and review it on Sunday.

WEEK OF

MY ARCHETYPE & SUBPROFILE

THIS WEEK'S BALANCE (SHADE YOUR TARGET)

RECHARGE

DEPLOY

THIS WEEK'S ONE PRIORITY

	MON	TUE	WED	THU	FRI	SAT	SUN
Scripture							
Recharge HOW I REST							
Deploy HOW I SERVE							
Prayer focus							
Assignment step							
Done?	☐	☐	☐	☐	☐	☐	☐

SUNDAY REVIEW · WHAT GAVE LIFE?

SUNDAY REVIEW · WHAT DRAINED ME?

NEXT WEEK I WILL ADJUST...