

RUN THE PLAY, WIN THE DAY

Executive Confidence Operating System | 1-page Playcard

MORNING HUDDLE (5 MIN) • Identity Prime: "Today I lead as my best self in my top role (Leader/Husband/Father)." • One Fear -> One Action: Name it. Pick the next smallest step. Do it first. • 5 M's Gate: Mouth (truth), Mind (controllables), Mood (regulated), Manner (present), Money (intentional). • Make a commitment: "No dodging discomfort today - I lean in on purpose."	GAME-TIME RESET (60 SEC) • When pressure hits: Breathe (4-in / 6-out x 5). • Ask: "What's the play?" (the controllable next rep). • Discomfort Rep: Start the avoided task for 5 minutes - momentum beats mood. • Truth check: Ambition without action becomes anxiety. Action turns it into confidence.	
MIDDAY CHECK-IN (3 MIN) • Thought Audit: "What story am I telling myself right now?" • Replace it: FACTS (what's true) / FEAR (what I'm imagining) / NEXT (one move). • Inputs: Reduce negativity. Surround yourself with people and content that match your goals. • Energy rule: Take a break at YELLOW - not when you hit RED.	EVENING DEBRIEF (5 MIN) • 3 Wins (results or reps), 1 Lesson (upgrade), 1 Gratitude (grounding). • Relationship Rep: one meaningful touch (encourage, listen, apologize, serve). • Release the day: "It's not my job to fix other people. I can support - not carry." • Set tomorrow's first rep (calendar it).	
WEEKLY COMMAND REVIEW (10 MIN) • What did I avoid? What did I face? • Top 1 confidence win, Top 1 leadership win. • Pick next week's Keystone Discomfort Rep.	MONTHLY RESET (30 MIN) • Input audit: people, media, habits, calendar. • Simplify: remove one drain, add one discipline. • Reaffirm identity + standards at home and work.	RULES OF ENGAGEMENT • Avoidance controls you. Discomfort trains you. • Your brain lies sometimes - don't obey every thought. • Negativity is contagious - choose your environment. • Don't chase "lucky." Earn reps. Fail forward.

Run the play. Win the day. Repeat until it's your operating system.