



ESSENTIVITY

The Sunday Compass

Designed once. Kept alive every Sunday.

Why every system dies in week three

You've probably tried a few. A planner, an app, a Notion template that looked incredible on day one. You read the books. You set it all up on a Sunday night, full of good intentions.

Then week three happens. You skip the weekly review once because you're busy. Then twice. By the end of the month the system is a tab you don't open, and you quietly decide it didn't work.

It wasn't the system. It was the review. Capturing and planning are easy. The part everyone drops is the bit where you stop, look at the week, and point the next one back at what you actually want. It takes an hour, the payoff is invisible, and it always loses to a Friday afternoon.

So I made the review the easy part.

The Sunday Compass is an AI coach built on the Essentivity method. On your first morning it interviews you into a document that says what you actually want from your life, in your words. After that, every Sunday, it runs your review with you in about fifteen minutes. It asks the questions. You answer. It ends with three blocks for next week's calendar.

No templates to build. No database to maintain. Just a conversation, once a week, that keeps the life you designed from dying in week three.

What's in here: how the Compass works (p.3), your first morning (p.4), the Sunday ritual (p.5), when it goes wrong (p.6), a printable review sheet (p.7) and your Essential Life document template (p.8).

Three modes. One habit.

You use the Compass in three ways. Only the first one takes real time, and you only do it once.



Where it lives

Your Compass is a Project on your own Claude account. The free plan works. Create a project called The Sunday Compass, paste in the instructions from your download, and upload the knowledge file. The Start Here page has the exact steps. About five minutes.

Every chat inside that project is your Compass. After your first morning, add your Essential Life document to the project's files, and it will remember your plan every Sunday.

The words it listens for

Type	setup to start your first morning
Type	Sunday review every week
Type	short review when the week got away from you
Type	pause any time. Come back later and it picks up where you left off

Design it once, properly

This is the part everything else hangs on. Give it a real morning, not a lunch break.

Two rules. This is the most important hour and a half in the whole thing, so don't rush it. And you need zero distractions. A morning, a drink you like, phone in another room. Not face down. Gone. You almost need to be bored.

01	Current scene. An honest normal Tuesday, wake to bed. Not a complaint, not a highlight reel.	10 min
02	Essential scene. Ten years out. The life you actually want, not the sensible one. If it feels embarrassing or too much, that's usually the real one.	25 min
.	<i>Walk around the block. Ten minutes.</i>	break
03	Anti-Essential scene. The plausible version if nothing changes. The actual Tuesday at 38.	15 min
04	Read it back. The Compass writes it in present tense, "I am", as if it's already true. On every line ask: is this my dream, or someone else's?	10 min
05	The one project. Purpose, Plans, Projects, Pieces. Then the one project that, left unbuilt, would leave the rest hollow.	15 min
06	Your numbers and your hour. Three weekly numbers and one protected hour a day.	5 min

Before you close the chat

1. Add your Essential Life document to your project's files (page 8 shows the shape).
2. Put a repeating Sunday review in your calendar. Same time every week.
3. Read your Essential scene every day for the next seven days.

Fifteen minutes and a coffee

Open a new chat in your Compass project, type **Sunday review**, and answer one question at a time. It reads your plan from the project's files.

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- 01 **Read.** Your Purpose, your one project, your Essential scene.
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- 02 **The one question that matters.** Did the project move forward this week, yes or no? Not how much. Just whether.
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- 03 **Numbers.** Your three, plus hours in the protected slot.
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- 04 **Reflect.** Three great things, the main struggle, and what you'd tell someone facing the same one.
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- 05 **Score.** Your ten life areas, 1 to 10. It'll point out the lowest.
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- 06 **Look ahead.** What's in the next two weeks that could sneak up on you?
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- 07 **Plan.** The next two to four Pieces. Pieces first, everything else after.
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- 08 **Tidy.** Inbox, downloads folder, the week's notes. After the chat.

Every review ends the same way:

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NEXT WEEK
Protected slot:  Mon-Fri, 6:00-7:00am  x 5
Block 1:         Tue 6:00am  Write the channel description
Block 2:         Thu 6:00am  Film the intro video, zero edits
Block 3:         Sat 9:00am  Upload it
Project moved this week:  YES
One line for next Sunday: Finished beats perfect.

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Put those three blocks in your calendar before you close the chat. If it's not on the calendar, it's not happening.

It will. Here's what to do.

The point isn't a perfect streak. It's that the system survives the weeks that go badly. These are built into the Compass, but it helps to know them.

You missed a week, or three

Don't make it up. Don't binge. Open the Compass, type **Sunday review**, and tell it. It'll send you back to the smallest Piece. Do that one thing, and name what actually caused the lapse. Busy is rarely the real reason. You already know where your time goes.

Two NOs in a row

That's the alarm, not the end. The Compass will say it plainly and shrink your next Piece until it's embarrassingly small. Small and done beats big and planned.

You want to redesign the whole system

This is the week-three trap wearing a disguise. A new app, a better template, a fresh start. It feels productive. It's the most comfortable way to avoid the actual work. The system is already good enough. One Piece this week beats a better system.

You finished the project

Stop and celebrate it properly. Most people never get here. Then name project two. Don't plan it yet, just name it. The goal was never one project. It's becoming someone who finishes things.

It's heavier than a bad week

The Compass is a planning coach, not a therapist. If things are harder than that, talk to someone. In Australia, Lifeline is 13 11 14.

Sunday Review

WEEK OF

DID THE PROJECT MOVE FORWARD?

YES

NO

MY ONE PROJECT

NUMBER 1 · BODY

NUMBER 2 · PROJECT

NUMBER 3 · MONEY

HOURS IN THE PROTECTED SLOT

3 GREAT THINGS THAT HAPPENED

THE MAIN STRUGGLE I FACED

WHAT I'D TELL SOMEONE WITH THE SAME STRUGGLE

SCORE 1–10

Health	/10	Mental/Emotional	/10	Partner/Love	/10	Family	/10	Friends	/10
Missions	/10	Experiences	/10	Spirit	/10	Finances	/10	Learning	/10

NEXT WEEK

Protected slot

Block 1

Block 2

Block 3

ONE LINE FOR NEXT SUNDAY

The shape of it

The Compass writes this for you on your first morning. This is where each part lives, so you can keep it tidy in your notes app. The Sunday review reads the top of it, the calendar runs the middle of it, and the numbers tell you if it's working.

Title and year

ONE TO THREE YEAR CHAPTER

"The year I stopped talking about it."

Goals

8–12 LINES

Who you are becoming. "To be a..." No numbers here.

Purpose

1–5 LINES

Who you are and the mission.

Plans

NEXT 12 MONTHS

The big plans that come with the purpose.

Projects and Pieces

NEVER EMPTY

The one project on top, with Pieces you could do in the next hour.

Essential scene

PRESENT TENSE

"I am..." with the reason inside the sentence.

Anti-Essential scene

THE COST OF STAYING VAGUE

The plausible version if nothing changes.

Statistics

READ OUT EVERY SUNDAY

Body, project, money, and hours in the protected slot.

WHEN YOU WANT SOMEONE IN YOUR CORNER

The Compass keeps you pointed. Off Autopilot gets you there.

Off Autopilot is my 28-day 1:1 program. We design the life you want, pick the one project that proves it, and finish it together. Weekly calls, one project, finished by Day 28.

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