Worksheet 13.1: 90-Day Elastic Planner and Pod Guide

Companion to Elastic Intelligence, *Chapter 13*

Name: _____ Date: _____

How to use: The payoff plan from Chapter 13. Fill in page one before you start.

Page 1: The plan on one page

Line	Entry
1 Goal (anchored, stretching, measurable, AI-aware)	
2 Why (core value)	
3 Daily practice: what, how long, when, where	
4 Supports	
5 Evidence I will save each Friday	
6 Review dates: Week 4 / 9 / 13	
7 Partner or pod	
8 Day 91 celebration and next step	

Pages 2–3: Thirteen weeks

Week	Phase	Focus	Practice days ✓	Evidence by Friday	5-question check done ✓
1	Foundation				
2	Foundation				
3	Foundation				
4	Foundation				
5	Stretch				
6	Stretch				
7	Stretch				
8	Stretch				

Week	Phase	Focus	Practice days ✓	Evidence by Friday	5-question check done ✓
9	Stretch				
10	Integration				
11	Integration				
12	Integration				
13	Integration				

Page 4: Monthly review

Question	Week 4	Week 9	Week 13
Progress and evidence			
Practice days			
Still at the edge?			
Supports that helped / were missing			
Energy and well-being			
Still connected to my core?			
One change			

Pod guide (30–45 minutes, every two weeks)

1. Check-in: one word each (5 min)
2. Rounds: did / learned / stuck / next (5 min each)
3. Help: focus on one person's stuck point (10 min)
4. Commitments: one sentence each (5 min)

Rules: confidentiality · no fixing unless asked · celebrate effort · show up even when you did nothing.

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