Run Your Four-Week Driver Reset

November 11, 2026
Use a four-week reflection plan to identify and revisit areas of daily life.

What this guide covers

- Rate six personal drivers.
- Choose a small practice for a priority area.
- Reassess and keep or adjust the practices.

Who this is for

For readers interested in structured personal reflection.

Putting the ideas to use

Treat the ratings as personal prompts, not clinical measurements.

Book details

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