SAMPLE

Excerpt from: 30-Day Skill Sprint Planner

This sample shows the first 3 page(s) of the full 38-page product.

This is a sample only. It is NOT the full product.

Buy the full product to receive the complete file.

SKILLQUESTERS

30-DAY SKILL SPRINT

Finish an online course in 30 days.
One focused page per day.

Daily prompts • Weekly reviews • Goal tracking

skillquesters.com

How To Use This Planner

This planner turns one online course into a finished skill in 30 days.

1. START: Fill in 'My Sprint Goal' (next page). One sentence.

2. DAILY: Each morning, open today's page. Do the focus task.
Check the boxes as you go. End with the 2-minute reflection.

3. WEEKLY: Every 7 days, complete the Weekly Review page.

4. FINISH: Day 30 is your victory lap — and the start of sprint #2.

Rules of the sprint:

- **One skill at a time. No multitasking.**
- **Minimum 25 focused minutes per day. More is fine.**
- **Missed a day? Never miss twice. Just continue.**
- **Done is better than perfect. Ship imperfect work.**

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My Sprint Goal

Fill this in on Day 1 — before anything else

The skill I will build:

On Day 30 I will be able to:

My main course / resource:

My daily time commitment:

My reward on Day 30:

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