

Weekly BRCS Scorecard (Personal)

Run this once a week. Same day. Same time.
Results are revealed by systems, not moments.



START HERE (30 seconds)

My next important event is:

The process that must carry it is:

Score (circle one): 0 = absent | 1 = inconsistent | 2 = consistent
(Do not argue with the score. Use it.)

1



BUILD — Direction and design

Score: 0 1 2

- Outcome is clear (what, by when, for whom).
- The next step is named in one sentence.
- The route is visible (not just ambition).

This week's BUILD decision:

2



RUN — Repeatable execution

Score: 0 1 2

- I protected one rhythm (block, slot, routine).
- I walked one path repeatedly (not reinvented daily).
- I handled one "little thing" early (before it spread).

This week's RUN block (day/time):

3



CHECK — Truth before exposure

Score: 0 1 2

- I reviewed before delivering (not after failure).
- I named one blind spot or drift pattern.
- I asked: What small thing could sabotage this later if ignored now?

This week's CHECK question:

4



SUSTAIN — Endurance under pressure

Score: 0 1 2

- I honoured one threshold (a line I will not cross).
- I performed one maintenance act (restore the machine).
- I prevented a future failure by acting early.

This week's SUSTAIN protection:



Sentinel (early warning)

What small signal tells me drift is starting?

What will I do if it appears twice next week?



One change (the only thing that matters this week)

The one adjustment I will test next week is:

Build with intention. Run with discipline. Check with honesty. Sustain with wisdom.