

The Daily Action Check

Thirty seconds to know your window — before you act.

Every hour is not the same. Some windows carry your effort forward; others push it back. Act with the window, not against it — **a good move in a bad window costs twice the effort.**

1 · THE THREE WINDOWS

Strike

Favorable alignment. Use it to move forward and decide.

- Launch, pitch, send the message
- Make the call, sign, commit
- Start the new thing

Consolidation

Neutral energy. Use it to build and keep order.

- Organize, plan, clear the backlog
- Refactor, study, deepen
- Maintain systems and files

Restraint

Unfavorable energy. Use it to hold position.

- Avoid conflict and big decisions
- Say no to new commitments
- Rest, recover, prepare

2 · THE 30-SECOND SELF-CHECK

- ☐ About to launch, pitch, or make a call? → **Strike**
- ☐ Clearing, organizing, or learning? → **Consolidation**
- ☐ Tired, interrupted, or pressured? → **Restraint**

Circle your window for this hour: **STRIKE · CONSOLIDATION · RESTRAINT**

3 · THE DIRECTIONAL COMPASS

East / South

Expansion, launching, active communication. Face or move this way to push things forward.

West / North

Auditing, structure, deep study, consolidation. Face or move this way to refine and hold.

"Strike with the window. Consolidate in the quiet. Restraint is not failure — it is timing."

Want your windows picked for you every morning?

The Daily Qi Calendar & Execution Engine maps every hour — free at diyminer.com/the-bridge/daily-qi-calendar.html