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Review finetune iterate

So, you've had a designed dream morning now! Well done!

First up, consulting only yourself and your gut feelings, how was it? How do you feel about how your morning went? Give yourself a score out of 10, where 0 is it was awful and 10 brilliant. Then write some notes: why did you give yourself a score as low as this, and as high as this?

Now take a look at the details, from your tracking template. Put the tracked reality in the template and your final blueprint side by side. Highlight similarities in green and differences in red on your tracking document. Where did things go off-piste? What happened after that? Did it matter? Make notes if you like.

Then consider what this means for tomorrow, or whenever you next want to try this out? Do you want (or need) to adjust anything? Save a new version of your blueprint document with a different filename (e.g. version-2), deciding what to keep, what to get rid of, and what to alter.

When you try it out for a second time, feel free to fully track again if you want. Otherwise, since you probably have a more attuned eye for the important things now, you could just make brief notes whenever it feels relevant, e.g. "choosing what to wear took way longer than it should have this morning!" or "really works well having coffee with my journaling instead of at breakfast". Then you'll have nice reference points to look back on when you review and update and iterate again.

Once you have a few planned mornings under your belt, you should find that it's becoming second nature to shape reality to your plans and tweak your plans with reference to reality. And here you have the most beautiful feedback loop you'll ever create for your everyday life: the one that mediates between your capacities and your dreams, between your intentions and what they crystallize into.

Don't make the mistake of thinking this is a skill you can ever 100% master; there will always be little gaps between the execution and the plan. But over time your confidence and pleasure will grow as the gaps shrink, and you'll

work out which tools and strategies are really the million-dollar ones for you. And then, at some point, something will have changed, and you'll realize you need a different tool, and you'll keep learning, and the skill will keep growing.

And thus I hope you'll find that the shape this feedback loop between reality and intention takes is a spiral, in which the satisfaction and the discovery grow reliably if not linearly. I hope that your mornings thus become lovelier and lovelier beginnings to the days that are, in the end, all we have.