Week of: _____   Decade Year Focus (1–3 words): _____

Weekly Wraps – iRAPP Worksheet (v1.1)
Intention → Reality → Analysis → Planning → Peer Performance

Part I – Weekly Wisdom (from Talk / Teaching)

Talk / Theme Title:

Top **3 Ideas** That Stood Out:	**One Experiment** I'll Try This Week:
1.	*If I do only one thing differently this week, it will be…*
2.	
3.	

Part II – Intention (Last Week's Plan)
Looking back: what did I intend to do at the start of this past week?

Last Week's Key Intentions:

Decade Year – how I meant to move it forward:	**Quarterly Quest** – focus for this quarter:
	Monthly Mastery – habit / virtue I'm training:

Last Week's Top 3 Intended Outcomes:

1.	2.	3.

Part III – Reality (What Actually Happened)

What did you actually do and experience over the past week?

Positive Achievements/ Strengths	**Negative** Outcomes / Weaknesses
Wins, progress, positive surprises, strengths showed:	Missed targets, setbacks, friction, patterns not working:
Execution Match Score (0–10):	**Energy / Focus Score (0–10):**
How well did your week match to what you *intended?*	How well did you manage your energy and focus?
___ / 10	___ / 10

Part IV – Analysis (5 Whys on the Intention–Reality Gap)

Why was there a gap (or no gap) between what I intended and what really happened?

Gap Statement - the main gap between what I intended and what actually happened is…

5 Whys – Digging Down:

Why 1 – Immediate reason (surface level):	**Why 4** – Belief / assumption (what I'm assuming / believing):
Why 2 – Underlying pattern (what tends to repeat?):	**Why 5** – Root cause I can act on:
Why 3 – Habit / system cause (routines, tools, environment):	**Key Realization (So what?):**
	What did I learn about myself or my system?

Practical Leverage (Now what?):

What small change would make the biggest difference next week?

Part V – Planning (Next Week's Plan)
Using what I've learned, what's my plan for the coming week?

Decade Year Alignment:

Decade Year Focus – moving it forward by:	**Quarterly Quest** – this quarter's main focus:
	Monthly Mastery – habit / virtue this month:

Top 3 Outcomes for the Coming Week:

1.	2.	3.

Keystone Win
If nothing else gets done, the one result that would make this week a win is…

Constraints & Supports:

Biggest potential **obstacles:**	What I will do to **protect** time & energy:

Part VI – Peer Performance & Accountability (PRO)

Partner Name: _____

My Share (to say out loud to partner)

My biggest **realization** from this week's iRAPP:	My **#1 commitment** for the coming week:

Partner's Accountability Record

How was last week's #1 commitment? Strengths?	One suggestion for **improvement / focus**: