

DBF YEAR PLANNING GUIDE

DBF OS Edition (V4) — 7-Step Framework

Dream it. Write it. Build it. Live it.

WELCOME

Welcome to the **Dreaming Bigger Faster Planning System**.

Dream Bigger, Faster means expanding your thinking of what you believe you are capable of and shortening the timeline to execute on that new expanded way of thinking. This means building and living your dream life, bigger and faster, so you can inspire others with the belief to do the same.

The DBF Planning System is a process dedicated to helping you do just that. Get ready to **3X your results within the next 12 months**. A lot of planning systems help you manage your time. The DBF Planning System will help you **multiply your time**. It's not magic or motivation that produces these results. It's a proven system that works when you do.

Within this guide you have everything you need to **turn 3 years into 1**. But it's up to you to execute. This doesn't mean working 3X as much or 3X as hard. It means executing the process and finishing what you start.

Let's get started.

THE GROUND RULES

Before you begin, lock in these ground rules.

The 4-Month Year

We operate on a **"4-month year."** Inside a traditional calendar year of 12 months, there are **3 "DBF Years"**:

YEAR 1	YEAR 2	YEAR 3
JAN — APR	MAY — AUG	SEP — DEC

Each DBF Year contains 4 months. Each of those months becomes one **"DBF Quarter,"** which means inside a calendar year of 4 traditional quarters there are **12 DBF Quarters.**

A **DBF Week** is a traditional week (7 days). A **DBF Day** is a traditional day (24 hours).

Sound too simple? Good.

"Complexity is the enemy of execution." — Tony Robbins

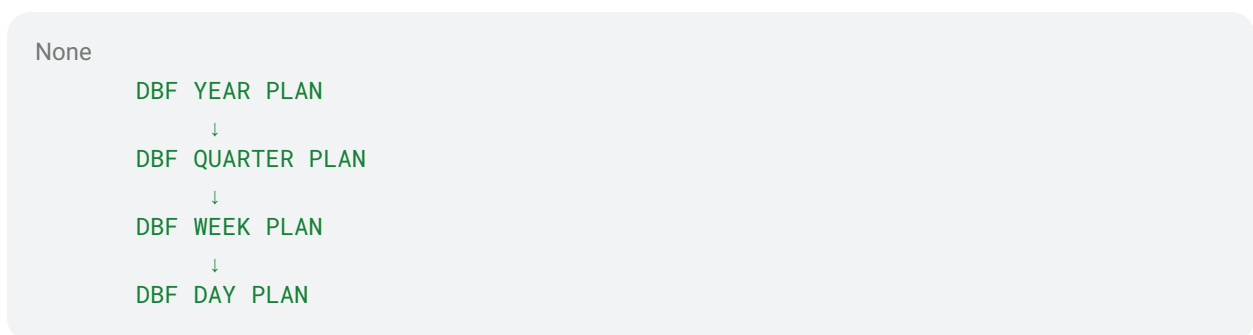
The 4 Guides (And The Pyramid)

The DBF Planning System uses 4 guides:

- **DBF Year Planning Guide** — used 1x every 4 months (*this guide*)
- **DBF Quarter Planning Guide** — used 4x every 4 months
- **DBF Week Planning Guide** — used roughly 16x every 4 months
- **DBF Day Planning Guide** — used roughly 120x every 4 months

You must execute using ALL four guides. **It's impossible to have an effective DBF Quarter session without an effective DBF Year session.** Same for Week without Quarter. Same for Day without Week.

The Pyramid:



Start with the foundation. You can't skip steps in the building process.

The DBF OS — 7 Steps

This guide is structured around the **7-step DBF OS.** Every DBF Year planning session walks through these steps in order:

1. **DREAM** — get clear on the vision
2. **GOAL** — lock in the Big 3
3. **PLAN** — turn goals into numbers across Cycle / Month / Week / Day
4. **SYSTEM** — build the structure that makes it inevitable
5. **HABIT** — define the daily behaviors that drive the numbers
6. **ACTION** — execute Today's 2 every single day
7. **COMMIT** — Hell Yes or Hell No, lock it in

Each step builds on the last. Skip one and the rest collapses.

The cycle loops: after Step 7 (Commit), you return to Step 1 (Dream) for the next DBF Year.

Dream it. Write it. Build it. Live it.

RETROSPECTIVE — Before You Build Forward, Look Back

Before you set new goals, confront what happened the last DBF Year. **Don't skip this.** The patterns from your last cycle are the data for this one.

Your Previous BIG 3

List your previous BIG 3 goals from the last DBF Year and answer the following for each:

GOAL 1: _____

- Did you accomplish this goal? (**Yes or No — there are no maybes**)
- Why or why not? What led to this — good or bad?
- What did you learn? What needs to be applied this DBF Year?

GOAL 2: _____

- Yes or No?
- Why or why not?
- What did you learn?

GOAL 3: _____

- Yes or No?
- Why or why not?
- What did you learn?

Check-In on Other Goals + Celebrate Wins

What progress did you make on goals OUTSIDE of your Big 3 last cycle?

Don't forget to celebrate your wins. This is non-negotiable. The reason most people quit isn't because they fail. It's because they fail to celebrate progress.

STEP 1 — DREAM

"Your dream sets the ceiling. Your goals just chase it."

This is where you stop being practical for a moment and remember what you actually want. Before you write numbers and dates, get clear on the vision. **What does your life look like at the end of this DBF Year if everything went right?**

Your Personal Pillars Graph

Your **Pillars** are the categories of life you've decided matter most to YOU. There is no prescribed list. **You define your own.** Examples below — pick what fits your life.

Personal	Mental	Marriage	Career
Financial	Spiritual	Social	Physical
Environment	Education	Health	Family
Faith	Mission	Adventure	Legacy

Score each of your pillars on a scale of **0–10** for both:

- **LAST DBF YEAR** — where were you 4 months ago?
- **TODAY** — where are you right now?

PILLAR	LAST DBF YEAR	TODAY
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Be honest. It's okay if you went backwards in a few categories.

"Life is more about balancing than it is about balance."

The **lowest-scoring pillar is your leak**. That's likely where this DBF Year's biggest move needs to live.

5 Questions to Surface the Real Goals

Before drafting goals, sit with these. One at a time. Don't rush.

1. *"When you picture yourself at the end of this DBF Year having had the best 4 months of your life, what do you see?"*
2. *"What area of your life bothers you most right now when you actually sit with it?"*
3. *"What's the move, project, or shift you keep thinking about but haven't pulled the trigger on?"*
4. *"Where in your life are you playing smaller than you know you can?"*
5. *"Who do you want to BE at the end of this DBF Year that you're not yet today?"*

Write your raw answers below. Messy is fine. **You're collecting raw material.**

STEP 2 — GOAL

"The Big 3 are the goals you'll fight for. Three. Not four. Not five. Three."

The Big 3 are the only goals that survive the next 4 months. Everything else is noise. This step is how you find them.

Brainstorm Goals Across Your Pillars

This is the brainstorm. The juice. Don't filter yet.

Before you can lock in your Big 3, you need to see the field. The pillar brainstorm isn't a list of goals to track — it's the ideation pool you'll draw your Big 3 from. Get out of "what's realistic" mode and into "what's possible" mode.

For each Pillar from Step 1, list 1–3 goals you could imagine pursuing this DBF Year. Don't commit. Don't filter. Just write what comes up.

(As you brainstorm, mentally check each idea against the categories: Personal, Family, Business.)

PILLAR 1: _____

1. _____
2. _____
3. _____

PILLAR 2: _____

1. _____
2. _____
3. _____

PILLAR 3: _____

1. _____
2. _____
3. _____

PILLAR 4: _____

1. _____
2. _____
3. _____

PILLAR 5: _____

1. _____
2. _____
3. _____

(Continue for as many pillars as you have. You can list up to 10.)

Why we brainstorm first: Most people pick their Big 3 from the obvious. The pillar brainstorm forces you to surface goals you would have never thought of if you'd just sat down and written "what are my 3 goals?" The Big 3 you commit to next are stronger because you saw the alternatives first.

Lock In Your BIG 3

Look at everything you brainstormed. Now pick the **3 that matter most**. The 3 you would defend with everything you have. The 3 that, if hit, would make this DBF Year a complete win.

These are your **Big 3**.

BIG 3 — Goal 1: _____

- Pillar: _____

BIG 3 — Goal 2: _____

- Pillar: _____

BIG 3 — Goal 3: _____

- Pillar: _____

⚠ The rest of the pillar brainstorm is dead. Don't track it. Don't carry it. **The Big 3 are the only goals that survive this guide.** If something from the brainstorm pulled at you but didn't make the cut, write it on your "Next DBF Year" list and move on.

Importance Questions — For Each Big 3 Goal

Be vulnerable and real. **The depth of your why determines your follow-through.**

For BIG 3 Goal 1: _____

1. What does this Big 3 mean to you if accomplished?
2. What does this Big 3 mean to you if NOT accomplished? *(This should be painful.)*
3. What is the biggest thing standing in your way? *(Potential speed bumps?)*
4. How will you overcome those speed bumps?

For BIG 3 Goal 2: _____

(Same 4 questions)

For BIG 3 Goal 3: _____

(Same 4 questions)

STEP 3 — PLAN

"Goals are emotional. Plans are logical. Numbers don't lie."

Setting a goal is an emotional process. Building a plan to accomplish it is a logical one. **Every goal can be turned into a number. Every number can be tracked.**

This step cascades each Big 3 goal across all four DBF cadences: **CYCLE → MONTH → WEEK → DAY.**

Turn Each Big 3 Into Numbers

For each Big 3 goal, write your numerical target. Then divide.

BIG 3 — Goal 1: _____

Cadence	Number
DBF Year Number	_____
Quarterly Number	_____ (<i>DBF Year ÷ 4</i>)
Weekly Number	_____ (<i>Quarterly ÷ 4</i>)
Daily Number	_____ (<i>Weekly ÷ 5 or 7</i>)

BIG 3 — Goal 2: _____

DBF Year	Quarterly	Weekly	Daily
_____	_____	_____	_____

BIG 3 — Goal 3: _____

DBF Year	Quarterly	Weekly	Daily
_____	_____	_____	_____

The math is the magic. If you hit your Daily Number, you hit your Weekly. If you hit your Weekly, you hit your Quarterly. If you hit your Quarterly, you accomplish your DBF Year goal **by default**.

Calendar Lock-In

Make a list of everything that needs to be inserted into your **4-month calendar** for this DBF Year. Check them off as you actually schedule them.

PERSONAL:

- ☐ _____
- ☐ _____
- ☐ _____

FAMILY:

- ☐ _____
- ☐ _____
- ☐ _____

BUSINESS:


- ☐ _____
- ☐ _____
- ☐ _____

PLANNING SESSIONS:

- ☐ DBF Monthly Planning Session #1 — Date: _____
- ☐ DBF Monthly Planning Session #2 — Date: _____
- ☐ DBF Monthly Planning Session #3 — Date: _____
- ☐ DBF Monthly Planning Session #4 — Date: _____

CALENDAR SELF-CHECK:

- ☐ Did you set reminders so these absolutely cannot be forgotten?
- ☐ Are all the people who matter aware and invited?
- ☐ Are all logistics handled? (*Flights, venues, team, sitters, etc.*)

 **NOTE:** Try to stay away from putting things on this list that you'll plan for during your Monthly, Weekly, or Daily DBF Sessions. This calendar is for **DBF Year-level locks only** — examples like trips with spouse, family vacations, retreats, big team events.

STEP 4 — SYSTEM

"A goal without a system is a wish with a deadline."

Your goals will only move if the system around them moves them. This step is where you build the structure that makes execution **inevitable**.

Accountability

Nothing changes if nothing changes. The system needs friction.

For each Big 3 goal, define:

- **Who** is holding you accountable?
- **How often** are you checking in with them?
- **What happens if you don't check in?** *(Are there real consequences that motivate you?)*

BIG 3 — Goal 1

- Accountability partner: _____
- Check-in frequency: _____
- Consequence for missing: _____

BIG 3 — Goal 2

- Partner: _____ | Frequency: _____
- Consequence: _____

BIG 3 — Goal 3

- Partner: _____ | Frequency: _____
- Consequence: _____

Tracking System

Where will you actually track these numbers?

- Daily tracking lives in: _____
- Weekly tracking lives in: _____
- Monthly tracking lives in: _____
- Cycle tracking lives in: _____

(For DBF Mastermind members: this is your DBF OS in Notion — Planning Hub at every level cascades into Today's 2.)

REMINDER: Your system is whatever lives between you and your goal — your check-ins, your tracking, your environment, your structure. Build it weak and you'll fall to the level of it. Build it strong and **it pulls you forward when motivation runs out.**

STEP 5 — HABIT

"You don't rise to the level of your goals. You fall to the level of your habits."

Goals tell you where you want to go. Habits are the daily behaviors that actually take you there.
A goal without supporting habits is just a wish.

Your Big 3 already have a habit layer — every Daily Number from Step 3 (Plan) is a habit. This step is for habits **OUTSIDE** your Big 3 that still matter enough to track.


Other Habits to Track

Are there habits you want to track that fall outside your Big 3? List them here.

Each habit must:

- Be a **number** (*times per week, days per cycle, etc.*)
- Be a **LEAD indicator** — not a lag indicator
 - Example **LEAD**: "Workouts per week" ✓
 - Example **LAG**: "Pounds lost" ✗ (*this is a result, not a behavior*)

HABIT	# OF TIMES THIS DBF YEAR
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

 **WARNING:** Don't get distracted by these habits. Your Big 3 are your most important. Anything accomplished or time spent at the expense of those is a problem. Don't let good things distract you from great things.

If a habit is THAT important to you, turn it into one of your Big 3.

STEP 6 — ACTION

"Plans are theories. Action is proof."

This is where everything cascades down to today. Action lives at the daily level — where the rubber meets the road. **Without daily action, the plan stays a theory.**

Today's 2

Each DBF Day has **2 Actions** — the two most important outcomes for today. Not five. Not ten. **Two.**

Today's 2 are not a to-do list. They are the two outcomes that, **if you accomplished nothing else today, would still meaningfully advance your Big 3.**

THE FULL CHAIN:

None

BIG 3 (Cycle)

↓

MONTHLY MILESTONE (Quarter)

↓

WEEKLY WIN (Week)

↓

TODAY'S 2 (Day)

Every Today's 2 traces back through the chain to one of your Big 3.

The 3 Core Daily Habits That Drive Action

Identify the **3 daily habits** that, repeated daily across 120 days, will most likely produce your Big 3:


1. _____
2. _____
3. _____

(These get tracked daily in your DBF Day Planning Guide.)

Setup for Daily Execution

Before you leave this planning session:

- ☐ Decide **WHEN** you will run your DBF Day Planning Session each day (*morning or night before — pick one*)
- ☐ Decide **WHERE** — same place, every time, until it's automatic
- ☐ Decide your **DEFAULT BLOCKS** in your calendar — when do you create, when do you operate, when do you accelerate

 **NOTE:** Full daily-level execution is covered in the **DBF Day Planning Guide**. This step's job is to ensure your daily Action ladders up to your Big 3.

STEP 7 — COMMIT

"There's no such thing as a Hell Maybe. Hell Yes or Hell No?"

The first 6 steps mean nothing if you're not actually committed. **Commit is the multiplier.** Your system can be great, your habits can be great, your goals can be great — but if you're not committed, you'll slip the moment things get hard.

This step is your **declaration**.

Word of the DBF Year

What is your **WORD** for this DBF Year?

WORD: _____

(You should be able to explain why this word is important to anyone who asks. Single word. No second word. Just one.)

Mantra of the DBF Year

What is your **MANTRA** for this DBF Year?

MANTRA: _____

(One sentence. Should be something you can say to yourself when motivation is gone and you're choosing to do the thing anyway. You should be able to explain its meaning to anyone who asks.)

The Final Test — Hell Yes or Hell No?

Read everything you wrote in this guide. Look at your Big 3. Look at your numbers. Look at your accountability. Look at your habits. Look at your daily action. Look at your word and mantra.

Now answer:

ARE YOU COMMITTED TO YOUR GOALS?

- Hell Yes ____
- Hell No ____

ARE YOU COMMITTED TO YOUR PLAN?

- Hell Yes ____
- Hell No ____

 **There's no such thing as a Hell Maybe.**

If you answered Hell Yes to both, sign below. If you answered Hell No to either, **change the goals or change the plan until you can answer Hell Yes.**

Signed: _____

Date: _____

DBF Year: _____ (e.g. 2026 Year 2 — May–Aug)

YOU'RE LOCKED IN

You've now completed your **DBF Year Planning Session**.

What You Walk Away With

- ✓ A clear DREAM and pillar audit
- ✓ Your **3 BIG 3 goals** — each with a number, a why, and a deadline
- ✓ A PLAN cascading numbers from Cycle → Month → Week → Day

- ✓ A SYSTEM with accountability, frequency, and consequences
- ✓ The HABITS that drive your goals
- ✓ The ACTION framework — Today's 2 every single day
- ✓ A word, a mantra, and a Hell Yes COMMITMENT

What's Next

- **4 DBF Monthly Planning Sessions** (*one per DBF Quarter*)
- **~16 DBF Weekly Planning Sessions**
- **~120 DBF Daily Planning Sessions**

Each one will pull from this DBF Year Plan and break it down further. **The pyramid is in your hands now — keep building.**

You don't rise to the level of your goals. You fall to the level of your environment, your systems, your habits.

Build the environment. Build the system. Run the habit. Take the action. Commit to the dream.

Dream it. Write it. Build it. Live it.

— Brody Fausett & the DBF Mastermind DREAMBIGFAST.COM

ADDENDUM — 2026-04-25 UPDATES

The following updates layer onto the V3 Year Planning Guide. Read once and apply during every Year session.

PREREQUISITES — BEFORE YOU OPEN THIS GUIDE

Year Planning is a 7-step session, but it sits ON TOP of three foundational documents that should already exist:

1. Dream Life Design Doc — your 3 to 5 year future-vision narrative

2. Dream Board — your visual representation of the dream life
3. Pillars — your member-defined life categories, locked in

If any of these are missing, decide right now:

- Build it now (pause Year planning, build the missing piece, then return)
- Schedule it (commit a calendar block to build it before this DBF Year actually starts, then continue)

Do not skip these. The Year session will be shallow without them.

For DBF Mastermind members, custom GPTs exist for each foundation:

- Dream Life Design Builder
- Dream Board Builder
- Guiding Principles Builder
- Mission Statement Builder
- Personal Slogan Builder
- Personal Affirmations Builder
- DBF Systems Coach (for the SYSTEM step accountability bridge)

PARTIAL-WEEK / MIDWEEK LOGIC

A DBF Year does not always start on a Monday. Months can begin or end midweek. Weeks may be partial (1 to 6 days) at the start or end of a Quarter.

Account for this in PLAN (Step 3):

- Prorate weekly numbers for partial weeks (3-day week = Daily Number times 3, not times 5 or times 7)
- Use the actual day count per month, not 30-day approximations
- Note any month that starts or ends midweek so Quarter/Week sessions inherit the math

MONTHLY MILESTONE MAPPING — Required Output of Year Planning

Year Planning is not complete until you have roughly mapped Monthly Milestones for all 4 months of the cycle.

For each Big 3, write:

BIG 3 — Goal 1: _____
Month 1 Milestone: _____
Month 2 Milestone: _____
Month 3 Milestone: _____

Month 4 Milestone: _____

BIG 3 — Goal 2: _____

Month 1 Milestone: _____

Month 2 Milestone: _____

Month 3 Milestone: _____

Month 4 Milestone: _____

BIG 3 — Goal 3: _____

Month 1 Milestone: _____

Month 2 Milestone: _____

Month 3 Milestone: _____

Month 4 Milestone: _____

These are ROUGH at the Year session. They get refined and locked at each Monthly Planning Session. But the rough map gives you the path. Don't end Year Planning without it.

WHY TO SYSTEM BRIDGE — FULL 8-FIELD ACCOUNTABILITY

Step 4 (System) currently captures partner, frequency, and consequence. For Big 3 goals, build the full stack.

For each Big 3, define:

1. STAKE — what's on the line if you don't deliver
2. VERIFIER — who confirms it actually happened (independent witness, not you)
3. CADENCE — Daily / Weekly / Monthly / Cycle — when verification happens
4. VISIBILITY — Private / Partner / Public — who else sees this commitment
5. CONSEQUENCE — what happens when you miss
6. CELEBRATION — what happens when you hit
7. PRIMARY DRIVER — Pain Avoidance / Pleasure-Glory / Identity-Legacy / Belonging-Tribe / Fear / Mission-Purpose / Competition
8. SECONDARY DRIVER — same options

Stress test: "If I skipped a day, what actually happens?" If the answer is "nothing visible," tighten until the system would hold on your worst day.

You must be Hell Yes to Goal, Plan, AND System. All three.

TO CONFIRM ITEMS

When you do not have an exact answer, do not stall. Capture the gap as a TO CONFIRM:

Item: _____

Minimum next action: _____

Deadline to resolve: _____

TO CONFIRM means "I can move forward, but this is unfinished and labeled." It does not mean "permission to be vague."

CALENDAR CONFIRMATION RULE

After every meaningful calendar block is created during Year Planning, ask: "Did you actually add this to your calendar/planner — yes or no?"

Do not treat a block as locked until it's confirmed in the calendar OR labeled "TO ADD" with a deadline.

SNAPSHOTS — END OF EVERY YEAR SESSION

Every Year session ends with TWO snapshots and a handoff block.

SNAPSHOT HEADER (always)

DBF OS — Dream. Build. Live.

Member Name: _____

Session Type: DBF Year / 120-Day Cycle Planning

DBF Cycle: e.g. Y2-2026 (May 1 to Aug 31)

Date Range: _____ to _____

Snapshot Date: _____

CLEAN SNAPSHOT (shareable, screenshot-ready)

Compact, premium, designed for sharing or printing. Includes:

- Big 3 Goals (with pillar tag)
- Year-level Numbers (Big 3 targets)
- Rough Monthly Milestones map (all 4 months)
- Top accountability stack summary (Stake / Verifier / Cadence)
- Top habits (3 core + up to 5 supporting)
- Word + Mantra + Hell Yes status

DETAILED CONTEXT SNAPSHOT (private, for next session)

Full context for resuming. Includes everything in Clean Snapshot PLUS:

- Full Big 3 details + WHY for each
- Driver diagnosis (primary + secondary per Big 3)
- Numerical cascade (Year / Quarter / Week / Day numbers)
- Calendar lock-ins (personal, family, business, planning sessions)
- Full 8-field accountability stack per Big 3
- Habit list with frequency targets
- Action framework (default time blocks: Creator / Operator / Accelerator / Dominator)
- Pillar Graph audit results
- Importance Question answers per Big 3
- MBTI / personality notes (if uploaded)
- Coaching notes + pushback
- Open TO CONFIRM items
- COPY INTO NEXT SESSION block (see below)

COPY INTO NEXT SESSION (handoff block)

Compact, structured, designed to paste into the next session for continuity:

- Member name + session type + cycle/date range
- Big 3 + rough Month 1 Milestones
- Year-level numbers + Daily Number per Big 3
- Calendar commitments
- Accountability system summary
- Habits (core 3 + supporting)
- Word + Mantra
- Open TO CONFIRM items
- Next required session: Monthly Planning for Month 1

SESSION CONTINUITY — AFTER YEAR PLANNING

Year Planning is the kickoff. Before this DBF Year actually starts, you also need to run:

- Monthly Planning Session for Month 1
- Weekly Planning Session for Week 1
- Daily Planning Session for Day 1

A complete Year kickoff actually runs ALL FOUR sessions back-to-back the first time. The Coach prompts you at the end of each: "Continue into the next session now?"

If you cannot continue immediately, schedule the missing sessions on your calendar before you close out. Do not start the DBF Year without all four levels dialed in.

MBTI INTEGRATION (Optional)

If you have an MBTI personality profile, upload it at any point during Year Planning. The DBF Planning Coach will produce a DBF-overlay output:

- Strength Levers (3) — tied to your Big 3
- Blind-Spot Watchlist (3) — "If you notice [X], do [Y]"
- Goal-Specific Moves Table — Goal | Personality-Aligned Strategy | Watch Out For | Leading Indicator
- Leadership and Team Implications
- Recovery and Rhythm — daily / weekly / monthly / cycle
- DBF Anchor — one-sentence personality-tied mantra

MBTI is never required. It's an acceleration tool, not an identity.

End of 2026-04-25 Addendum.

ADDENDUM — 2026-05-03 V4 UPDATES (Schema Lock + Roadmap + Terminology)

V4 layers on top of V3 + the 2026-04-25 addendum. Where rules conflict, V4 takes precedence.

THE 7-STEP TERMINOLOGY LOCK

The canonical sequence is: DREAM → GOAL → PLAN → SYSTEM → HABIT → ACTION → COMMIT.

The earlier sequence Dream → Pillar → Goal → Metric → Habit → System → Commit is RETIRED.

- "Pillar" is now a property on Goals (not a planning step). Each Goal carries its Pillar tag.
- "Metric" was replaced by "Plan."
- "System" moved earlier (Step 4); "Action" moved later (Step 6).
- Build order: lock the dream, set the goal, build the plan, install the system, then run habits and actions, finally commit at every cadence.

METRICS / TARGET DEPRECATION

The cascade owns goal-language. Big 3 / Monthly Milestones / Weekly Wins / Daily Top 2 are the only target labels.

- No standalone "Metrics" or "Target" section anywhere.
- Lowercase inline references inside a Plan or Goal row are fine.
- Don't emphasize either word in section headers, hero copy, or coach prompts.

NEW HABITS SCHEMA (added 2026-04-28)

Habits DB now requires:

- Cadence (Daily / Weekly / Monthly / Ad Hoc) — required, set once
- Linked System (relation to Systems DB) — required if enforced by a System

When defining the habit layer at this Year session, capture both fields per habit. Habit reviews respect Cadence — a Weekly habit is not asked about daily.

CASCADE RULES LOCKED

- Daily Top 2 = Goals.Level value (🔥 Daily Top 2). NOT a checkbox on Actions.
- Projects → Actions → Goal (no direct Project → Goal link).
- Habits link upward via Connected Goal AND sideways via Linked System.

CONVERSATIONAL RAILS — NEVER IN NOTION

These live in session memory only:

- Top 10 Vision Rail (daily; first 3 = Big 3)
- Gratitude 3 (daily)
- Top 10 Dream List (weekly; first 3 = Big 3)

May appear in rendered Snapshot output, but never as Notion DB rows or page-body content.

ROADMAP VISIBILITY — 120-DAY ROADMAP (Year-specific)

The This Year dashboard now includes a visible 120-Day Roadmap section. Output of Year Planning includes the rough Monthly Milestones map for all 4 months — fed into Notion as 4 toggleable Month sections, each containing:



- Big 1 / Big 2 / Big 3 milestone for the month

- Checklist of supporting wins
- End-of-month conditions

This is the forward-looking visible plan. Distinct from the Year Snapshot (backward-looking output of the Year session itself).

CASCADE ENTRY ICONS

When Goals get created from this session:

- 🏔️ BIG 3 Goals positions 1, 2, 3 →  page icons
- Monthly Milestone roughs for each month inherit  in order

Other entries (Habits / Systems / Projects) use Fluency-colored icons chosen semantically.

DASHBOARD CONTEXT (FYI)

The This Year dashboard top section follows the canonical pattern: yellow identity strip → 2-col hero/Plan callout (with nested Copy starter prompt) → yellow Mission callout (Cycle Mantra slot) → yellow Focus quote (Cycle Word slot) → gray section headers + linked DB views below.

End of 2026-05-03 V4 Updates Addendum.