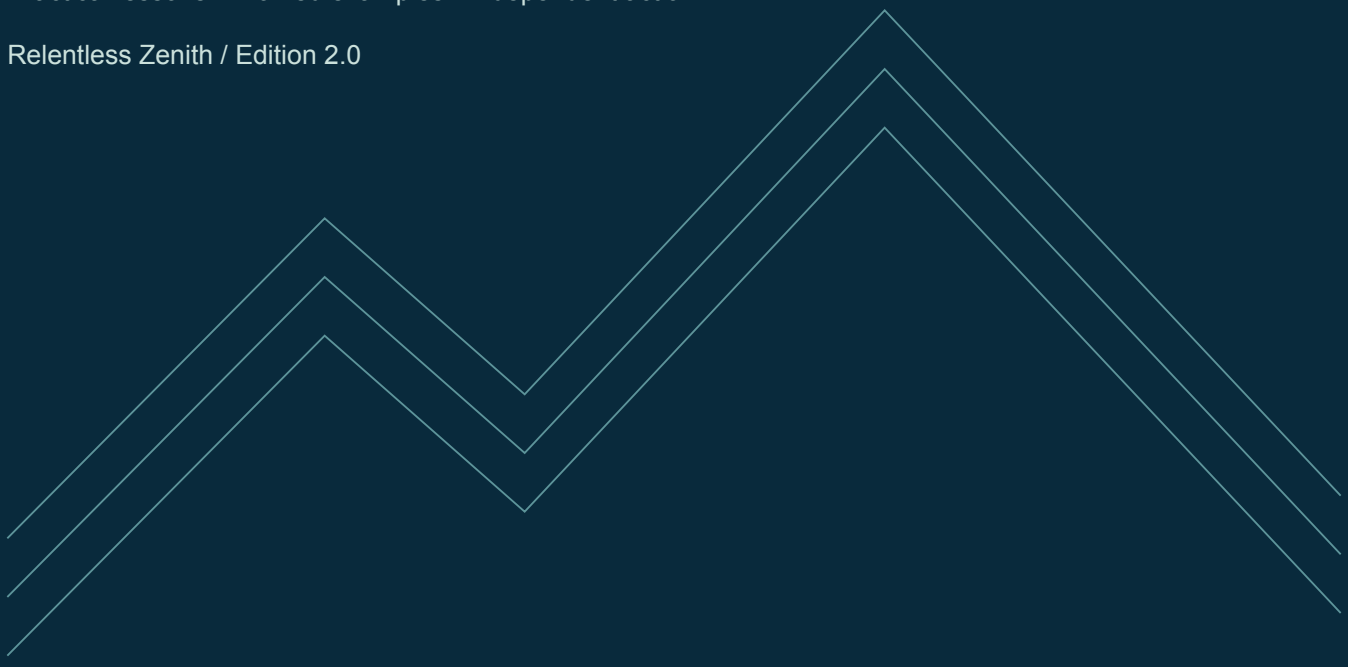
FREE 5-PAGE STARTER + PREVIEW

Your next useful move

One useful action. A clear place to begin.

Practical lessons • Worked examples • Independent action

Relentless Zenith / Edition 2.0



01 / CHOOSE

A smaller promise you can keep

Choose one personal project or business task you can influence. This free starter gives you one complete small exercise. The detailed practice programs are separate paid products.

Use the three-question filter

01 List up to five priorities. For each ask: does this matter now, can I influence the next step, and will I recognize useful evidence?

02 Give one point per yes. The score helps compare; it does not decide for you. Break a tie with a smaller reversible experiment.

03 Name one priority and put the others on a Later List. Write what you are deliberately leaving out.

A worked example

Instead of “build my entire business,” choose “draft one clear service description.” The saved result should name the intended customer, the deliverable and one next step. A draft is evidence of work, not proof of market demand.

Your turn

My priority: _____
My starting point: _____
Evidence I could inspect: _____
Outside scope for now: _____

02 / FIT AND TRY

Spend the minutes only once

Count reading, preparation, action, logging and review together. A 15-minute action does not fit a 15-minute window if setup takes another ten.

Make an Action Card

Regular action: one specific verb, object and saved result. Useful minimum: a smaller result that still matters. Cue: a real time or event. Quality check: how you will know the result is usable.

A 15-minute example

Two minutes to choose, two to prepare, eight to draft, one to save a note and two to inspect it = 15 minutes. Minimum: one complete sentence that removes an ambiguity. Merely opening the document is preparation.

Try one real attempt

Use your actual available window. Save what you produced. If the window disappears, record that honestly and choose a feasible return. Do not turn a missed attempt into a punishment.

Available minutes: _____
My regular action / minimum: _____
Cue and file or material: _____
Saved evidence and quality check: _____

03 / REVIEW

Keep the lesson from the attempt

Ask three useful questions

01 What actually happened? Separate the saved result from your explanation of why it happened.

02 Did the output serve its purpose? Time spent and usefulness are different things.

03 What is one change worth testing next? Choose the next action, opportunity and review date.

A complete small loop

Example: the service draft exists, but “brand package” is vague. Replace it with the actual files and revision limit you can supply. Keep the original attempt in your notes; save the clearer version separately.

Your next move

What exists now: _____
What remains uncertain: _____
One change: _____
Next action and review date: _____

You can repeat this exercise without buying anything. More structure is useful when you need guided practice, reusable templates, worked cases or a complete project route.

PREVIEW BOUNDARY

Beyond this point: paid programs

This free guide ends here. The full daily practice routes, fillable project templates, offline activities and final-project tools are included in the paid RZ packages. They are not included in this preview.

RZ Reset

Choose one priority. Make room for it. Take a useful first step. Suggested practice: 7 days. The shortest route from a crowded list to a tested next action. It does not include the project-planning depth of Focus Sprint or the full Ascent system.

RZ Momentum

Build a commitment you can repeat—and a way back after a miss. Suggested practice: 14 days. More practice with cues, friction and recovery than Reset. It is designed for a recurring action; use Focus Sprint for a project with several dependent steps.

RZ Focus Sprint

Turn one project milestone into a clear sequence of focused work. Suggested practice: 21 days. The project route: dependencies, work in progress, acceptance criteria and handoff. It shares RZ planning and recovery basics with the other programs but is not a bundle of them.

RZ Ascent

Build a personal operating plan, test it, and carry forward what works. Suggested practice: 30 days. The deepest route: nine RZ steps, three flexible starting paths and twelve reference tools. It is a standalone program, not all four packages bundled together.

Find current availability at relentlesszenith.com/programs/. Each program stands alone. Personal feedback and calls are separate paid services; no upgrade is required to use the exercise in this guide.

Share this free guide intact, without charging or removing attribution. Do not resell it. Educational planning tools; examples are fictional and outcomes are not guaranteed. © 2026 Relentless Zenith LLC. Optional public business tips: relentlesszenith.com/newsletter/. Downloading this guide does not subscribe you.