GAME FILM

WHY THIS PLAY

You don't review your own performance. No weekly reflection, no honest look at what's working and what isn't. You're playing game after game and never watching the tape, so you solve the same problem for the third time and call it new. Improvement stays accidental. This play makes it deliberate: one honest twenty to thirty minutes a week that turns a blur of activity into something you can actually learn from.

THE CONCEPT: THE FOUR-ZONE DRIFT

The drift doesn't announce itself. It doesn't start with one bad decision. It starts with a thousand small ones, each easy to justify, each invisible on its own. And it doesn't stay in one place. It starts in your business and follows you home, into your health, your relationships, your growth. By the time you notice, it's everywhere. Four zones, one honest score. That's how you catch it before it spreads.

THE STEPS

1. **At the end of this week, sit down for twenty to thirty minutes.** Same time every week, protected, no phone. This is the tape.
2. **Score four zones A, C, or F, gut-level:** Professional, Physical, Relational, Personal. Don't negotiate with yourself.
3. **Write one line of evidence for each grade.** Something that actually happened, not how the week felt. "I haven't worked out in four months," not "I should exercise more."
4. **Split your week between leading and producing, and grade it A, C, or F.** Leading is building your people and the system. Producing is doing the work yourself. Check your calendar and be honest.
5. **Pick one adjustment for next week.** One, not three. Then run the whole thing again next week.

FIRST WIN: THE NEXT 7 DAYS

Run one Game Film this week: four zones graded with evidence, your leading and producing split graded, one adjustment set. Next week you'll have tape to compare it to. That's when it starts compounding.

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GAME FILM · WEEK OF _____

Grade each zone A, C, or F. Gut-level. The evidence is what makes the grade real.

ZONE	GRADE	EVIDENCE: WHAT HAPPENED THIS WEEK?
Professional Leadership, preparation, standards		
Physical Health, training, fueling your body		
Relational Marriage, kids, closest people		
Personal Growth, learning, who's pushing you		

LEADING VS. PRODUCING

Leading is building your people and the system. Producing is doing the work yourself.

LEADING %	PRODUCING %	GRADE

ONE ADJUSTMENT FOR NEXT WEEK

That's one rep. Want your whole team watching the tape? **The Reps** installs the full FOSS Method in your company, step by step: your team owns their work and you get your time back. mattfoss.com/reps →

Not sure this is your play? Take the free 5-minute Score: mattfoss.com/score →

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