

WORKSHEET · PUBLIC · 5 MIN

Weekly Context Review

A printable fifteen-minute review of one context: what came to your attention, where the weight is, what you understand now, what moves next, and what came back.

A review of one context: one PLAIT, one week, fifteen minutes. It follows the core practice without turning it into a form. Skip anything that does not apply, and let the review scale to the attention you have.

Before you begin

- ☐ Name the context you are reviewing.
- ☐ Note the date and where you stand in it right now.
- ☐ Decide how much attention you have for this. The review scales to it.

1. What came to your attention?

Signal: what became observable. A feeling, a missed deadline, a reaction, a purchase, a silence. Write it down before deciding what it means.

Signal	Where it came from	Weight (light · sustained)

2. Where is the weight this week?

Reading	In this context, this week	Carrying the weight · Helping · Quiet
What is moving (Flow)		
Who is involved (Tribe)		
What could grow from it (Prosper)		

Foregrounding directs attention. It does not rank the strands or remove the others from the weave.

3. What do you understand now?

Insight: the clearest current reading. State the clearest grounded understanding you have without pretending it is final. Mark what it rests on and what is still uncertain.

Working articulation (current, not final)

4. What moves next?

Movement. Act, attend, ask, wait, protect, coordinate, continue, recover, pivot, stop, or accept. One or two is enough. Doing more is not the default.

- ☐ Movement one:
- ☐ Movement two:
- ☐ What I am deliberately not doing this week:

5. What came back from last week?

Last week's movement	What happened	What is newly visible

A PLAIT should be stable enough to practice and alive enough to revise.

In the PLAIT Context System the same review lives as a weekly habit inside the PLAIT it belongs to, with the week's entries in view. The download carries this worksheet as app-aligned entries: a habit, two notes, and a task.

By PLAIT Version 1.1 Updated 2026-10-03

Source: New for the Resources launch; follows the core practice (Practice Model §2) and strand emphasis (§4). The Package carries the same review as app-aligned entries.

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