Subject: Sprint #X: M/D - M/D

Theme: …

Work:

1. …
2. …
3. …

Personal:

1. …
2. …
3. …

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As a reminder, this is my ongoing and ever-evolving experiment in self-imposed accountability. Every two weeks I will commit to a series of goals, and send those goals to this group. There's no responsibility on your part to reply. The act of sending this email automatically makes me feel accountable. However, if you have any advice or wisdom at any time, please share. And if you ever want to unsubscribe, click here (it doesn't notify me). Thank you for being a part of this experiment with me.

Example:

Sprint #23: May 4th - May 17th

Lenny Rachitsky <lennysan@gmail.com> Sun, May 3, 2020, 5:03 PM

to lennys-sprint-updates

Theme: Build

Work:

1. Publish two newsletters 🏁
2. Stay four weeks ahead on future newsletter posts ✍️
3. Make a ton of progress on First Round Review post ✍️
4. Do a great job in presentations this week 📣

Personal:

1. Exercise 6 times 🏃
2. Get out of the house at least twice a day (to walk Einstein) 🐕
3. Bike twice 🚲

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