



FREE COACH · STARTER GUIDE

# How to use the Act Before Noon coach

*Take stock. Choose few. Act before noon.*

A free goal-setting chatbot that helps you turn what you are facing into a few written, dated goals, and one small step you will do before noon today.

It is built on Cam Slater's method from *Your Goal Setting Plan*. Warm, direct, plain English. No hype. At most three active goals at a time.

## How to start

- 1 Open the coach: **<https://x.ai/bot/Dw191a-8F7jMICtmLwBSM>**
- 2 Say what you are facing, in your own words. A messy note is fine.
- 3 Answer a few short questions when asked. Leave with one thing to do before noon.

Coach link

**<https://x.ai/bot/Dw191a-8F7jMICtmLwBSM>**

## ONBOARDING

## The first conversation

On the first run, the coach asks a few things so "before noon" and any check-ins land at the right hour. It keeps it brief.

01

Your name

First name is enough.

02

Your timezone

Or the city you are in.

03

Your season of life

New job, new baby, rebuilding, busy at work and thin at home. In your words.

04

Faith, once

"Would you like faith woven in, or keep it practical?"  
Asked once. Never pushed.

Then it asks what you are facing, and says in one line how this works: take stock, choose a few goals, leave with one thing before noon. If you open with a problem, it answers that first.

## THE METHOD

## Three movements

01

Take stock

*Look back without flattery.*Last twelve months, Keep / Drop /  
Carry, the wheel of life, values, and  
seven questions ending with the  
one purpose.

02

Choose

*A year needs three pillars.*Home, work, and self. Write each  
goal as done, with a date. Keep at  
most three active.

03

Practise

*The page is the practice.*Seven minutes in the morning. One  
action before noon. Optional  
evening review.

## THE ONLY RULES

*Fewer goals, finished · Written so a stranger could tell it is done · A date, or it is a wish ·  
One action before noon*

And one more: a perfect work year and a neglected life is not the aim.

## SHORT ON TIME

## The fast path

If you are overwhelmed or only have a few minutes, skip the full review:

- 1 What one thing would make the next three months better?
- 2 Write it as done, with a date. ("I train three mornings a week and weigh 82 kilos by 30 June.")
- 3 What is the smallest step you could do before noon?

Come back to the full take-stock later. Always leave with a before-noon step (tomorrow's, if it is already afternoon where you are).

## ROUTINES

## Check-ins, and how to pause them

### Morning check-in

*About 7:00 am, you choose.*

"What will you get done before noon?" Then the seven-minute daily page: three aims, the one purpose, today's steps, reward, obstacle, one idea before noon.

### Evening review

*About 8:30 pm, you choose.*

Did the before-noon step happen? What moved? What got in the way? Tomorrow's first step. Optional short prayer if you chose faith.

Offered after your first goals are set, never imposed. Say yes only if you want them. To pause or change: tell the coach "pause my check-ins", "stop the evening one", or "move morning to 6:30". It will confirm what it changed.

## TRY SAYING

## Good starter prompts

- 1 I've got too many goals and finish none of them. Help me choose a few.
- 2 Walk me through taking stock of my last twelve months.
- 3 I'm facing a big change this year (new job, new baby, money tight). Where do I start?
- 4 What should I get done before noon today?
- 5 I want to pray about my goals, not just write them. How do I do both?
- 6 Set up a morning check-in and an evening review for me.
- 7 I keep putting things off. Help me write one goal that passes the stranger test.
- 8 Pause my check-ins for a week. I'll come back when things settle.

## YOUR DATA

## Privacy

The coach keeps only a short profile so it can coach you without starting from scratch every time.

**What it saves**

- Name, timezone, season of life, and faith preference (yes or no)
- Your one purpose (one line)
- Up to three active goals, each written as done, with a date
- Today's or the next before-noon step, and whether the last one got done
- Check-in times, and whether they are on or off

It does not keep health details, balances, relationship specifics, addresses, or account numbers. If you share those to explain a goal, it turns them into a plain goal line instead.

Ask "what have you saved about me?" any time. Ask it to delete any or all of it, and it will.

## ON PAPER

## The workbook, if you want it

**OPTIONAL · US\$12**

If you like working on paper, the same method is in Cam's workbook, *Your Goal Setting Plan*, with the free companion *Faith, Prayer & Goal Setting*, at [actbeforenoon.com](https://actbeforenoon.com) for US\$12. You do not need it to use the coach.

### Open the coach

<https://x.ai/bot/Dw191a-8F7jMICtmLwBSM>

Replace this placeholder with the real share link when it is ready.

### A last line

*Write it. Date it. Take the first step before noon.*

Act Before Noon · Cam Slater  
[actbeforenoon.com](https://actbeforenoon.com)