

WHAT is the primary goal I want to achieve today?

What is ONE THING that I can do today to move me closer to my goal?

WHY?

Top 3 Priorities:

1.

2.

3.

-----Plan-----

-----Evening Reflection-----

Did I reach my goal for today?

What did I do well?

What difficulties or barriers came up?

What strides can I take tomorrow or in the future to be more successful?

-----Focus in 15-----