

Date	Priorities, and end-of-day reflection	Day	Mon / Tue / Wed / Thu / Fri	Energy Level	Low / Medium / High
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INTENTIONS FOR TODAY

Today's Main Focus	The one thing that makes today a win		
Priority 1	Priority 2	Priority 3	
Morning Intention	How do you want to show up today?		

SCHEDULE

6:00 AM		2:00 PM	
7:00 AM		3:00 PM	
8:00 AM		4:00 PM	
9:00 AM		5:00 PM	
10:00 AM		6:00 PM	
11:00 AM		7:00 PM	
12:00 PM		8:00 PM	
1:00 PM		9:00 PM	

END OF DAY REFLECTION

Biggest Accomplishment	What did you complete that mattered most?		
Carry Forward	Tomorrow's #1 Priority		
Gratitude	One thing from today worth appreciating		