

DAILY FOCUS

MY **ONE** THING

what is the ONE thing I can do today,
to make everything else easier?

MUST DOS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

SHOULD DOS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

WOULD LIKE TO DOS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

OTHERS NEED FROM ME

- ☐ _____
- ☐ _____

a **SUCCESSFUL** day is

how I'll **CELEBRATE**

MY **FOCUS** BLOCKS

ONE ____:____ / ____:____

TWO ____:____ / ____:____

THREE ____:____ / ____:____

FOUR ____:____ / ____:____

FIVE ____:____ / ____:____

SIX ____:____ / ____:____