

Three words that describe your daily purpose



Date:

Done List:



Tasks you completed (NOT YOUR TO DO LIST)

Your daily activity



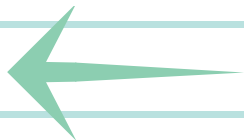
Exercise:

What are you grateful for today?



Gratitude:

What did you learn today?



Learning:

SAMPLE

January 1, 2018

Focus
Plan
Teach

Done List

- Scheduled dentist appointment
- Organized pantry
- Researched domain names for new business
- Wrote article for Entrepreneur magazine

Exercise: Les Mills Pump and Shred

Gratitude: I held my son's chubby hand in mine and marveled at it's size. Thank you for giving me a special day with my baby boy

Learning: Christy Wright's Business Boutique, Chapter 3

Date:



Done List:

Exercise:

Gratitude:

Learning: