

2 DAILY ONE FOCUS • MOMENTUM THROUGH ROUTINE • LEARNING THROUGH REFLECTION

To master your life, you must master your days. Establish strong routines in the morning and evening to lock in desired behaviors. You become what you practice over time. In the morning, understand the focus of each day, that focus will guide your actions towards success. In the evening, review the day, be grateful, forgive, and consider what is important for the next day.

Morning REFLECTION



I need to pay attention to...



Evening REFLECTION



Wake Up Time: _____

My Morning ROUTINE

The FOCUS of Today...

My Evening ROUTINE

Bed Time: _____