

Daily Discipline

*Make your life your priority or risk
having it prioritised for you*

Journal

What's my anti-goal today?

Why?

What can I appreciate now?

Which of these areas need my focus today?

Diet
Movement
Focus on one task
Breath

Other:

Mental wellbeing
Money
Relationships
Time management

Why?

What problem can I solve today? How can I attempt to solve it?

Why is it worth solving?

(Didn't get out of bed) **Yesterday's Success Score** *(Absolute perfection)*
1 2 3 4 5 6 7 8 9 10