Date ____ / ____ / ____

"People with goals succeed because they know where they're going."
- Earl Nightingale

ONE major goal (really want and excites you)

- Goal + completion date + purpose

Two additional experiments (really want and excites me)

- Experiment + purpose
- Experiment + purpose

MOST IMPORTANT HABIT OF THE DAY

(If this was the only habit you did today you'd be satisfied)

1. [ ] [ ]
Actual time taken Completed

SECONDARY HABIT OF IMPORTANCE

(Completion of these habits will make the day even better)

2. [ ] [ ]

3. [ ] [ ]

NOTES:

PRODUCTIVITY SCORE

How productive were you today on a scale of 1-10.

1 2 3 4 5 6 7 8 9 10