

Goals and Affirmations	AM Time:	Date:
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Daily Schedule	8 - 5 - 3 - 1
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6:00	Things To Do/People To Follow Up With <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> 	Autopsy (Lessons Learned / Changes Made)		
7:00				
8:00				
9:00				
10:00				
11:00				
12:00				
1:00				
2:00				
3:00				
4:00			Notes:	Self-Improvement
5:00				
6:00				
7:00				
8:00				
9:00				
10:00				

Goals and Affirmations-PM	Date: / /	Time:
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Daily Results:	Monthly Goal:	Monthly Results:

Goals and Affirmations AM Time: Date:

Blank lines for writing goals and affirmations.

Daily Schedule 8 - 5 - 3 - 1

6:00	Things To Do/People To Follow Up With <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Autopsy (Lessons Learned / Changes Made)
7:00		
8:00		
9:00		
10:00		
11:00		
12:00		
1:00		
2:00		
3:00		
4:00		
5:00		
6:00		

Notes: Self-Improvement

4:00	Notes:	Self-Improvement
5:00		
6:00		
7:00		
8:00		
9:00		
10:00		

Goals and Affirmations-PM Date: / / Time:

Blank lines for writing PM goals and affirmations.

Daily Results:	Monthly Goal:	Monthly Results: