

Daily Planner

Main Tasks from Weekly Brief and events

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Success List:

The one thing we need to complete:

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What would the results look like:

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Coach insights + Design an efficient day

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5:00 AM	
6:00 AM	
7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	
11:00 PM	

POWER-BE

- Quality sleep
- Hydration
- Stand/ Move/Exercise
- Roar + GIFT
- Morning Ritual/Work
- Music, Nature, Soul
- Healthy Diet
- +interactions
- Mindfulness Meditate
- Evening review
- Work Hard/ Play Hard
- Gratitude/Visualise

Journal, Notes, achievements and Success story

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Success of the day

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learnings, captured thoughts:

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Opportunity for Growth and Improvement

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Behind your Mood:



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