


Daily Focus Schedule


Today's Date ____/____/____

Prime Directive / Stretch Goal

Today's Goal One - 42 minutes focused <input type="checkbox"/>	
_____ _____ _____	
Rest / Reward - 18 minutes break	


If I could live today over again I'd ...

Things I get to enjoy today!

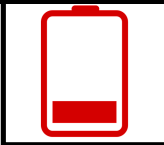
Today's Goal Two - 42 minutes focused <input type="checkbox"/>	
_____ _____ _____	
Rest / Reward - 18 Minutes break	

Appointments

____ : ____ / _____
____ : ____ / _____
____ : ____ / _____
____ : ____ / _____

Today's Goal Three - 42 minutes focused <input type="checkbox"/>	
_____ _____ _____	
Rest / Reward - 18 minutes break	

Things to do inside my goals

What did you learn today and Describe an Ideal Tomorrow. Be Specific!	
_____ _____ _____ _____ _____	

Devils Vortex

Notes and follow up items

What is the 1 Thing you can do so that everything else is easier or unnecessary?