

DAILY RECORD: A DAILY TO-DO LIST

Readiness	0	1	2	3	4	5	Energy	0	1	2	3	4	5	Wellness	0	1	2	3	4	5
DAY	DATE						PERSONAL						PROFESSIONAL							
6																				
8																				
10																				
12																				
1																				
2																				
3							NOTES													
4																				
5																				
6																				
8																				

TRACKER: What are you doing today to establish and reinforce the habits that will help you improve in the three key areas you identified for this year?

FOCUS 1:	FOCUS 2:	FOCUS 3:

Start where you are. Use what you have. Do what you can. — **Arthur Ashe**