



“Live today as if it were your last. Prepare. Enjoy it fully.”

FINAL SCORE 3-2 @ 2pm

Primary Goal(s) & Intention for the Day

ABC

Key People & Places

- A
- B
- C
- D

Tasks & Meetings by Quadrant

Q1 (7-11am)

- A
- B
- C
- D

Q2 (11a-3pm)

- A
- B
- C
- D

Q3 (3-7pm)

- A
- B
- C
- D

Q4 (7-11pm)

- A
- B
- C
- D

Moods & Vibes

(Circle or tick off the ones you feel through the day.)

Calm Focused Magnetic Creative Angry Guilty Confused
 Active Motivated Loving Anxious Passive Fearful Sad
 Flowing Joyful Reflective Distracted Apathetic Tired

REVIEW: Notes & Results for the Day



ABC

Check-In QUALITY

(1-10 Scale, 10=High)

PHYSICAL

MENTAL

EMOTIONAL

SPIRITUAL

FOOD

- A
- B
- C
- D
- E
- F

SLEEP

- A
- B
- C

FITNESS

- A
- B
- C

MEDITATION

- A
- B
- C