

My Top-Level Goals

- 1
- 2
- 3

- 4
- 5

(Write your 3-5 goals here as a daily reminder)

Today's Priority: *Which goal will you prioritize today? If goals compete, this one wins.***Today's Schedule**

(mark which goal # each block serves, if any)

Morning

#

Midday

#

Afternoon

#

Evening

#

Key Tasks

(connect each to a top-level goal # if you can)

End of Day Reflection

Did my actions today align with my priority?

 Yes Mostly No**What worked well?****What got in the way?****Tomorrow, I will:** _____