

DISCIPLINE
CREATES
FREEDOM

DAILY RESET

PLAN • FOCUS • DO • COMPLETE • BE PROUD

A BETTER ME EVERYDAY

SMALL
STEPS
BIG
RESULTS

SUN | MON | TUE | WED | THU | FRI | SAT

Date: ____/____/____



PREPARE FOR THE DAY

Plan with intention.



PROTECT YOUR BEST HOURS

and complete the task.



MAKE PROGRESS

Not perfection.



FINISH WELL

Today matters.

1



TODAY'S DIRECTION

Focus on what matters most.

My focus today:

One key task I want to complete:

My best time for focused work:

“

Focus today for the life you want tomorrow.

—

2



MOVE THE NEEDLE

Take action. See progress.

What I completed today:

Progress I made:

What I'm carrying forward:

“

Progress over perfection.

—

3



MAKE TOMORROW EASIER

A little preparation goes a long way.

What I need to do / prepare:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Things to check / bring:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



Prepare today for a smoother tomorrow.

4

TODAY I FEEL

It's okay to feel. Notice and move forward.



Happy



Calm



Neutral



Stressed

5

DAILY CODE

Small habits. A better you.

- ☐ Move your body
- ☐ Feed your mind
- ☐ Do your best at work
- ☐ Create something that matters
- ☐ Be kind, always



GOOD HABITS
BRIGHTER DAYS

6



SLEEP EARLY

Protect your energy. Tomorrow starts tonight.

“

Rest well. A brighter tomorrow awaits.

—

FAITH • HEALTH • FAMILY • GROWTH • FREEDOM