




Date: _____ State of Mind: _____ Show-up Free-write _____

Date: _____ State of Mind: _____ Show-up Free-write _____

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[illegible]

Mark-up the free write with the following:  for realizations.  for ideas.  for to-do list.

I'm grateful for:

1. _____
2. _____
3. _____

Today's Action Goals: *(Check each off as you complete it. Three daily action items per project. Enter these the night before.)*

Project: _____

- ☐ _____
- ☐ _____
- ☐ _____

Project: _____

- ☐ _____
- ☐ _____
- ☐ _____

Project: _____

- ☐ _____
- ☐ _____
- ☐ _____

Check-in (End-of-day status) _____

Today's wins. _____

