

THE DBF OPERATING SYSTEM

DBF DAY

PLANNING GUIDE

Today is where the OS pays off. Pick Today's 2, block them, execute. Run it.

FREQUENCY

Daily

DURATION

5-10 min

OUTPUT

Today's 2

RHYTHM

AM or PM

DREAM IT. WRITE IT. BUILD IT. LIVE IT.

AM QUICK CONTEXT **RUN THE DAY**

DATE _____

You are **NOT setting new Weekly Wins here**. You are picking Today's 2 — the two outcomes that advance the Weekly Wins from your Sunday CEO Review. The Pyramid: Year → Quarter → Week → Day. This is where the OS converts into evidence.

01 DREAM · 60-SECOND VISUALIZATION

~ 60 SEC

Word of the DBF Year _____

Mantra of the DBF Year _____

30 sec — picture today going right. **30 sec** — remember what you're building toward.

02 GOAL · PICK TODAY'S 2

~ 2 MIN

Look at your 3 Weekly Wins. Pick the 2 outcomes for today that, if done, would visibly advance a Win.

Outcomes — not tasks.

1 TODAY'S #1 — OUTCOME

ADVANCES WEEKLY WIN _____

NUMBER TARGET _____

2 TODAY'S #2 — OUTCOME

ADVANCES WEEKLY WIN _____

NUMBER TARGET _____

△ CARRY-FORWARD RULE: If yesterday's #1 didn't get done and still matters, it's today's #1. No exceptions.

03 PLAN · BLOCK TODAY

~ 2 MIN

#1 — Time block _____

#1 — Location _____

#2 — Time block _____

#2 — Location _____

DEFAULT BLOCKS ACTIVE TODAY

Creator

Operator

Accelerator

Dominator

Conflicts? Move the meeting, not the Big 3 work.

04 SYSTEM - AUTO-RUNS

EMBEDDED

The system runs *you* today. Confirm:

- | | |
|--|---|
| <input type="checkbox"/> Default time blocks fire on autopilot | <input type="checkbox"/> Morning routine on schedule |
| <input type="checkbox"/> Evening shutdown ritual on schedule | <input type="checkbox"/> Tracking updated at end of day |
| <input type="checkbox"/> Phone in another room (or environment rule) | <input type="checkbox"/> Yesterday's numbers logged |

05 HABIT - TICK AS YOU GO

EMBEDDED

Today's habit checklist. Tick as completed. Any miss → schedule WHEN.

- | | |
|--|--|
| <input type="checkbox"/> Habit 1 _____ | <input type="checkbox"/> Habit 2 _____ |
| <input type="checkbox"/> Habit 3 _____ | <input type="checkbox"/> Habit 4 _____ |
| <input type="checkbox"/> Habit 5 _____ | |

06 ACTION - FIRST PHYSICAL STEP

THE DAY

#1 — first move (the actual concrete action you'll take first)

#2 — first move

Now. Stop talking. Start moving. Phone away. Block defended.
The OS doesn't reward people who plan. It rewards people who execute.

07 COMMIT - DAILY DECLARATION

~ 30 SEC

Read your **Word**. Read your **Mantra**. Look at Today's 2.

TODAY IS HELL YES.

WALK INTO THE DAY.

PM ~ 5 MIN · BEFORE BED END-OF-DAY REVIEW

TODAY'S 2 — DID THEY GET DONE?

TODAY'S #1

Done — what worked?

Not done — what blocked it?

Carry to tomorrow? (Y) (N)

TODAY'S #2

Done — what worked?

Not done — what blocked it?

Carry to tomorrow? (Y) (N)

HABITS HIT TODAY

Habit 1 (H) (M)

Habit 2 (H) (M)

Habit 3 (H) (M)

Habit 4 (H) (M)

Habit 5 (H) (M)

ONE THING TODAY TAUGHT ME

TOMORROW'S SETUP

Tomorrow's #1

Tomorrow's #2

First moves

What gets done today determines what's possible tomorrow. The members who run the loop daily become the members who can't be stopped.

DAILY MANTRA