

◆ **DBF YEAR BIG 3** - VISION ANCHOR _____

BIG 3 - #1

BIG 3 - #2

BIG 3 - #3

◆ **TOP 10 VISION RAIL** _____

1-3 = BIG 3 · 4-10 = LIFE DREAMS · NOT TASKS

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

◆ **DAILY READING CHECKLIST** _____

- Personal Mission Statement read?
- Personal Affirmations read?

◆ **GRATITUDE 3** _____

1 _____

2 _____

3 _____

◆ **TODAY'S 2**

THE ONLY EXECUTION ITEMS · CARRY-FORWARDS GO FIRST

1	OUTCOME _____	ADVANCES WEEKLY WIN _____	TIME BLOCK _____
2	OUTCOME _____	ADVANCES WEEKLY WIN _____	TIME BLOCK _____

◆ **HABIT TRACKER** _____

HABIT	H / M

◆ **PERSONAL & RELATIONSHIP** _____

- "Me time" scheduled?
- Quality time with family?
- Quality time with friends?
- No-phone zones honored?

◆ **CADENCE ALIGNMENT + END-OF-DAY REFLECTION** _____

Did I accomplish Today's 2? #1 (Y) (N) #2 (Y) (N) On track with DBF Week? (Y) (N) Quarter? (Y) (N)

WHAT WORKED WELL? _____ WHAT CAN I IMPROVE? _____

DAILY COMMITMENT

"I commit to showing up with intensity, focus, and discipline today. My actions will reflect the person I am becoming." _____ X _____

SIGNED