

Morning Intention



→ Think about the day ahead and the activities you are likely to do (actions and interactions). Write them down if possible.

“What matters most today?”

→ Find 1 or 2 key outcomes: _____ & _____

“What does that mean for my attitude, attention, and actions?”

→ Contrast the image of realizing your key outcome(s) with the attitude, focus, and actions you need to take to overcome the obstacles to attain that outcome(s) – internal and external struggles.

“What specific goals should I set/prime for the day?”

→ Schedule uninterrupted blocks of time where you can turn off notifications and advance your goals through creative thinking.

Daily Monitoring



Shallow Breathing

Remind yourself to breathe deeply when you start feeling ‘defensive’ - aim for 90 seconds of deep diaphragmatic breathing each time.

Task Resistance

“What bigger aspiration or value of mine does this task speak to?”

“How does this request support something that matters to me?”

Behavior of Others

Could they simply be tired, hungry, or dealing with a lot right now?

Nightly Recap



“What went well today?”

1. _____
2. _____
3. _____