

THE DAILY FOCUS SHEET

DATE: _____

MY ONE THING what's the **ONE** thing I can do today, to make everything else easier?

MUST DOS

- ☐ _____
- ☐ _____
- ☐ _____

A

SHOULD DOS

- ☐ _____
- ☐ _____
- ☐ _____

B

WOULD LIKE TO DOS

- ☐ _____
- ☐ _____
- ☐ _____

C

A SUCCESSFUL DAY IS

HOW I'LL CELEBRATE

DAILY INSPIRATION

MY GAME PLAN

FOCUS BLOCK ONE __:__/__:

REFRESH

FOCUS BLOCK TWO __:__/__:

REFRESH

FOCUS BLOCK THREE __:__/__:

REFRESH

FOCUS BLOCK FOUR __:__/__:

REFRESH

FOCUS BLOCK FIVE __:__/__:

REFRESH

FOCUS BLOCK SIX __:__/__:

REFRESH

POWER BAR



30 MIN



30 MIN



30 MIN



30 MIN



BRAIN DUMP

PRIORITY

TASK

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