

DAY PLANNER

	 DAY NUMBER + DATE + TIME 
Day #	57
Date:	11/16/23
Start Time:	5:00

☒ or ☒	Priority	Tasks
1. ☒	Q1 ▾	Create a couple different avenues that reloading center can take
2. ☒	Q1 ▾	Review courses taking notes
3. ☒	Q1 ▾	MORning power up call
4. ☒	Q1 ▾	GYM
5. ☒	Q1 ▾	Jax to the park
6. ☒	Q1 ▾	Track calories
8. ☒	Q1 ▾	Business mastery courses
9.	Q1 ▾	Market research
10.	Q1 ▾	Practice copy
11.	Q1 ▾	Send Warm outreach
12.	Q2 ▾	Read a book
13.	Q2 ▾	Clean apartment
14.	Q2 ▾	Moms for dinner
15.	Q3 ▾	Help shawn
16.	Q1 ▾	Ab workout

	 My Top 3 Priority Tasks That MUST Be Completed 
1.	Create different plans, picking the best one for getting results with reloading center, market research
2.	gym
3.	Review courses

	 Goal Set To Be Accomplished Today 
1.	Start on project for reloading center
2.	Get stronger in mental and physical capacities

End-Of-The-Day Report:

 Are You Proud Of Your Efforts Today? 
No

 What Did I Remember/Learn Today? 
You control your mind, emotions should be used in your favor to get positive results, no matter the emotion

 What Problems Did I Face In The Day? 
Getting to work

 How Will I Solve These Problems Tomorrow?

Turn my anger and frustration into a will that is unbreakable for achieving your dreams/goals.

 What Tasks Were Left Undone?

Send outreach

Brain Dump: