

Daily Journal

Date: [Insert Date]

Day: [Insert Day]

One thing I want to remember about today:

[Write a brief note about something significant you want to remember from today.]

What time did I sleep last night and when did I wake up?

[Note the time you went to bed and when get up]

What data will I look up after a month or year?

[Write down any specific data or information you plan to review in the future.]

Reminders:

- No one can waste my time except me.
- Small wins: win the seconds, win the hours. Don't overwhelm; use the 2-minute rule.
- The way you do anything is the way you do everything.
- Conduct weekly/monthly reflections.
- Don't multitask; focus on one big thing each day.
- Manifest the work you are about to do, using a diary.

Day Start Section

Most Important 1-3 Tasks:

[Task 1]

[Task 2]

[Task 3]

What I don't want to do today:

[List any activities or tasks you want to avoid today.]

Diet + Gym + Boxing:

Breakfast: [What you plan to eat]

Lunch: [What you plan to eat]

Dinner: [What you plan to eat]

Gym: [Your gym routine or goals]

Practice: [Any specific practice or skill you want to work on]

Speaking: [Any speaking engagements or practice]

Day Close Section

Wins of the Day:

[List your achievements or positive outcomes from the day.]

Mistakes / Learnings:

[Note any mistakes made and what you learned from them.]

Prayer Times:

Fajr: [Time and reflection]

Zohar/Jumma: [Time and reflection]

Asr: [Time and reflection]

Maghrib: [Time and reflection]

Isha: [Time and reflection]

Tahajjud: [Time and reflection]