

FINAL SCORE

4-2 @ 4pm

Primary Goal(s) & Intention for the Day

Resolve issues, disputes and struggles (internal and external) with grace, courage and harmony.

Key People & Places

- Aydin
- Luis
- Kaiyes
- Ivan

Tasks & Meetings by Quadrant

Q1 (7-11am)

- Early 4-Pillar Routine - up 2-0 by 7:30am!
- Moved the car
- Got Aydin up, ready and to school on time
- Meeting with Kaiyes
- Jack Georges campaign out

Q2 (11a-3pm)

- A
- B
- C
- D

Q3 (3-7pm)

- Timebug Video & Posting

Q4 (7-11pm)

- Field Setup for Friday Practice
- Ivan's Prezo
- Shannon Family
- Email to Juniors Parents
- C
- D

Moods & Vibes

(Circle or tick off the ones you feel through the day.)

Calm Focused Magnetic Creative Angry Guilty Confused
 Active Motivated Loving Anxious Passive Fearful Sad
 Flowing Joyful Reflective Distracted Apathetic Tired

REVIEW: Notes & Results for the Day

Got a fast start with the early rise. Kept in a steady flow and got majority of tasks done in early morning, before slowing down in the afternoon. Took a little cat nap.

Check-In QUALITY

FOOD

7

SLEEP

7

FITNESS

6

MEDITATION

7

PHYSICAL

X

- Sushi
- Coffee
- Turkey wich
-

MENTAL

X

- good core sleep
- little cat nap
-

EMOTIONAL

X

- 160 UPs+

SPIRITUAL

X

- A
- B
- C