



"Rebirth. Go All In Today. It is one of a kind."

**2024**

Wake @ 6:30 AM

Sleep @ XX:XX PM

## Primary Goal(s) & Intention for the Day

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

**FINAL  
SCORE**

4-2 @ 4pm

## 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

- A
- B
- C
- D

- Q3 (3-7pm)
- Timebug Video & Posting

- Q2 (11a-3pm)
- Field Setup for Friday Practice
  - Ivan's Prezo
  - Shannon Family
  - Email to Juniors Parents
  - C
  - D

- Q4 (7-11pm)
- Anxious
  - Passive
  - Fearful
  - Sad

## 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

7

PHYSICAL



MENTAL



EMOTIONAL



SPIRITUAL



(1-10 Scale, 10=High)

## SLEEP

7

- good core sleep
- little cat nap
- 

## FITNESS

6

- 160 UPs+

## MEDITATION

7

- A
- B
- C