

THE EXERCISE



Live in Your Day Daily Planner – Planners are nice, but they leave a lot to be desired—especially if you have task lists and goals that don't necessarily get put on your calendar. Here, you can pack it all in together—and see your day as one comprehensive unit. And hopefully, get a little more accomplished.

6:00	
7:00	
8:00	
9:00	
10:00	
11:00	
12:00	
1:00	
2:00	
3:00	
4:00	
5:00	
6:00	
7:00	
8:00	
9:00	
10:00	

TOP 3 BHAGS

1
2
3

* BHAG = Big Hairy Audacious Goal: a term coined in the business book *Built to Last*, these are your top 3 visions for where you want to go. Think big picture goals. These should drive daily goals and tasks.

TOP 3 DAILY GOALS

1
2
3

HOME/FAMILY/PERSONAL

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TASK LIST	TIME	