

DISCIPLINE OUTLASTS MOTIVATION: 631 IN ACTION

6

6 DAILY KEY ACTIVITIES

- Movement
- Mind Cleanse
- Meditation
- Mozart Time
- Act of Appreciation
- 1 Thing Time Block –
The most important
HVA for the day,

3

3 WEEKLY KEY ACTIVITIES

- Winners Checklist
- Friday 15
- Thank You 15

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1 MONTHLY KEY ACTIVITY

- Review last month's goal
progress & reset for
month ahead
- What went well?
- What didn't?
- What do I need to do
more of?
- What should I do
differently?
- Who's help do I need?
- How can I become more
consistent with my high
value actions?