

Daily Performance Planner

www.stryv.io

Time	Project Name	Done
1) hh:mm - hh:mm		<input type="checkbox"/>
2) hh:mm - hh:mm		<input type="checkbox"/>
3) hh:mm - hh:mm		<input type="checkbox"/>
4) hh:mm - hh:mm		<input type="checkbox"/>
5) hh:mm - hh:mm		<input type="checkbox"/>
6) hh:mm - hh:mm		<input type="checkbox"/>

Reflections

Miracle Morning

- Smile
- Breathing Exercise
- Appreciate 3 Things
- Drink Water
- 100 Rebounds
- Peak State
- Goal Focus
- Exercise
 - Cardio
 - Strength
- Healthy Breakfast
- Read 30 minutes

Daily Tasks

<input type="checkbox"/> Inbox 0	<input type="checkbox"/> Watch Ted Talk
<input type="checkbox"/> <input type="text"/>	<input type="checkbox"/> <input type="text"/>
<input type="checkbox"/> <input type="text"/>	<input type="checkbox"/> <input type="text"/>

Success States

Intensity	Duration	
<input type="checkbox"/>	<input type="checkbox"/>	<u>Emotion #1</u>
<input type="checkbox"/>	<input type="checkbox"/>	<u>Emotion #2</u>
<input type="checkbox"/>	<input type="checkbox"/>	<u>Emotion #3</u>

Personal

Life/Business Admin

Exemplary Evening

- Bed Time: _____
- _____ 4 hrs _____
- Eat Dinner
 - No exercise
- _____ 1 hrs _____
- Stop Working
 - No screens
- _____ Bedtime _____
- Drink Water
 - Plan Next Day
 - Reading
 - Meditation

People To Contact

New Ideas For Later