

# ZERO HOUR DAILY

Planner

7 DAY DAILY PLANNER



NEILL WILLIAMS  
PERFORMANCE COACHING

# ZERO HOUR DAILY PLANNER

*the 10 hour week*

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## ZERO HOUR FUNDAMENTALS

Wake up time:

Hydration:

Sunlight:

## PRODUCTIVITY SWEET SPOT

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I will use my productivity sweet spot to:

## ZERO HOUR PRODUCTIVITY TOOLS

Alertness tool:

Energy tool:

Focus tool:

Motivation tool:

## ZERO HOUR RECOVERY TOOLS

Calm tool:

Recovery tool:



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## RESOURCES

### Wim Hoff Breathing:



### 90 Second Focus Meditation:

Jump start your focus with a 90 second focus meditation. Gaze at the image below for 90 seconds.



### 15 Minute Procrastination Quick Fix Guide:

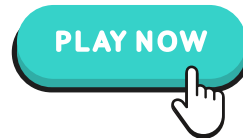


### Weightless by Marconi Union:



**10 MINUTE YOGA NIDRA FOR  
SUPER LEARNING & CREATIVITY:**

(Click or scan to play)



# THE 10 HOUR WEEK 40 HOURS OF WORK IN JUST 10

