Every Day Check-in



Rise And Shine; It's A New Day.

"Each morning we are born again."

"It's a new day, a fresh start, fresh energy, new opportunities. Get your mind right, be thankful, be positive and start your day right."

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On a scale of 1-10, "How am I, *really*?"

My Big Four

1. What excited me today?

2. What exhausted me today?

- 3. What did I learn today?
- 4. What do I not want to do tomorrow?

Find out what you need to DO MORE OF. As well as DO 1ESS OF.



Thankfully 🙏A Quick, Proven & Easy Way For You To Achieve Time Freedom!

Are you sick of working long hours, late nights, over the weekends & when you would rather do your own thing and "just chillax"...

In our Signature Course **Productivity into Profits: The Time Hacker Method**[™] we cover in detail the above topics to ensure you WIN BACK 20 hours (or more) PER WEEK.

Relief in sight: It's truly possible for all those who are technically "Expert Jugglers at this thing called life."

www.productivity.my&dayweek.com

Other related topics:

Habits - Habit Maker & Habit Tracker Save Time, Make Time, MULTIPLY TIME Journalling Your Best Life Now Design Your Dream Life My Miracle Morning

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What are you juggling that you know **needs to stop**? What "**ball**" is getting too much?

What do you intend to do about it? (Write a Mini Action Plan right now.)

What are you putting off doing, that really needs your attention today?

#InYourFlow

What are you juggling that feels so right, so light all of the time?

What looks difficult to others, but is something that you do with great finesse?(You go girl!)

What would you like to do more of?

You are the B.O.S.S. of your life. Draw up your plans - with passion + purpose!



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