



**Afternoon Schedule**

1 PM \_\_\_\_\_

1:30 \_\_\_\_\_

2 PM \_\_\_\_\_

2:30 \_\_\_\_\_

3 PM \_\_\_\_\_

3:30 \_\_\_\_\_

4 PM \_\_\_\_\_

4:30 \_\_\_\_\_

5 PM \_\_\_\_\_

5:30 \_\_\_\_\_

6 PM \_\_\_\_\_

Notes:

**What were my wins today?**

**What is one thing I can improve on for tomorrow?**

**Today's evening ritual:**

**Daily Keystone Habit Scorecard**

Give yourself one point (max) for each of the five areas if you feel you delivered on your commitment for the day.

**Self**

**Health**

**Relationships**

**Wealth**

**Business**

**ARS**

**Decompression**

**Total for Today**





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<b>Major Focus for the Week</b>	<b>Morning Schedule</b>
<p><b>Today I am grateful for:</b></p>           <p><b>Today's Top 3 Priorities</b></p>           <p><b>Today I will fill my cup up by:</b></p>	5 AM _____
	5:30 _____
	6 AM _____
	6:30 _____
	7 AM _____
	7:30 _____
	8 AM _____
	8:30 _____
	9 AM _____
	9:30 _____
	10 AM _____
	10:30 _____
	11 AM _____
	11:30 _____
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