

My Disciplined Dailies

“You’ll never change your life until you change something you do daily. The secret to your success is found in your daily routine ~Steven Covey

My Area of Focus _____
My Intention _____

Check When Completed

Daily Actions

My Area of Focus _____
My Intention _____

Daily Actions

My Area of Focus _____
My Intention _____

Daily Actions

At the end of each week, evaluate how you did with your commitment to your daily intentional action plan. A weekly check-in will keep you on track and help you to see your patterns and how you are choosing. Set your intentions at the start of each day and again for each week.

Use the Create The Day resource daily especially while you are making shifts and establishing new routines.