

HABIT SCORE CARD

Habit	Result	TOTAL
1. <i>Review my journal (Gratitude List, Goals, etc.)</i>		22
2. <i>Exercise</i>		23
3. <i>Minimum 30-Minutes of professional reading.</i>		18
4. <i>Establish my priorities and plan my schedule for tomorrow.</i>		20
5. <i>Read a minimum 20-minutes each evening after dinner.</i>		15

GOALS:

- 1) Improve my attitude and reconnect with my goals daily.
- 2) Improve my mental and physical performance through regular exercise.
- 3) Become an expert in my field.
- 4) Prioritize my most impactful tasks, EAT THAT FROG!
- 5) Read something inspiring before I go to bed each evening.