

Daily Focus Session

"Success is a product of your happiness"

Name	Date

Getting Crystal Clear ==>>> Maintaining Focus

My Intention For Today Is... example: <i>"Today is going to be another amazing day!"</i>

What is most important to me now?

What do I REALLY want?

Practices

What virtues do I want to cultivate?	What vices am I committed to getting rid of?

The Fundamentals *“Consistency of the fundamentals is the key to being a world class player”*

What daily habits bring out my very best? Eating, exercise, prayer, meditation, etc...

What is the number one thing I've got to start doing more of?

Goal

What is the top goal I am working on right now?

What am I working towards?

Action Plan

What action am I going to do today to move in the direction of my goal?

Now what needs to be done?

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Now what needs to be done?

Now what needs to be done?

Gratitude/Reflection - An end of the day practice.

What are 3 things that went well today?	Why?

Have a great day!