

# 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!**