



THE DAILY FOCUS



Week of:

“The Daily Focus” is your tool for a better focused you. Use this tool daily or weekly to keep yourself on track and accountable. Implement “The Daily Focus” today to: **DO MORE, BE MORE and ACHIEVE MORE.**

GOAL OF THE WEEK:

MORNING 5AM-9AM	MID-DAY 12PM-3PM	EVENING 5PM-9PM
✓	✓	✓
✓	✓	✓
✓	✓	✓
✓	✓	✓
✓	✓	✓
✓	✓	✓
✓	✓	✓
✓	✓	✓
✓	✓	✓
✓	✓	✓
9AM-12PM	3PM-5PM	9PM-1AM
✓	✓	✓
✓	✓	✓
✓	✓	✓
✓	✓	✓
✓	✓	✓
✓	✓	✓
✓	✓	✓
✓	✓	✓
✓	✓	✓
✓	✓	✓