

BIG Life - Daily Checklist

Need help? - help@biglifehq.com

AM Ritual - Setup for Success - 30-60 minutes

- | | |
|---------------------|---------------------------|
| 1) Feet-Floor | 5) Devotional |
| 2) Pump Music | 6) This Sheet |
| 3) Get Dressed | 7) Prime Time* meditation |
| 4) Tea/Coffee/Water | |

Focus for Today

What it will take to Win this day?

Workout for today : _____

Water for today: _____

Meals

Breakfast: _____

Lunch: _____

Dinner: _____

AM Snack (if applicable): _____

PM Snack (if applicable): _____

PM Ritual

- 1) Lessons Learned today?
- 2) 3 Question AAR (3 minutes)
- 3) Prep for tomorrow (AM Ritual)
- 4) Bonus - Read 30 minutes (optional)

Accountability!

Schedule

5:00	_____
:30	_____
6:00	_____
:30	_____
7:00	_____
:30	_____
8:00	_____
:30	_____
9:00	_____
:30	_____
10:00	_____
:30	_____
11:00	_____
:30	_____
12:00	_____
:30	_____
1:00	_____
:30	_____
2:00	_____
:30	_____
3:00	_____
:30	_____
4:00	_____
:30	_____
5:00	_____
:30	_____
6:00	_____
:30	_____
7:00	_____
:30	_____
8:00	_____