

THE SECRET TO SUCCESS IS HIDDEN IN YOUR DAILY ROUTINE.

"JUST LEARN HOW TO GET STUFF DONE.

WORRY MORE ABOUT WHAT YOU WANT TO DO THAN WHAT YOU WANT TO BE."

BARACK OBAMA

# 1,000 Minutes.

IF I ONLY GET **ONE THING** DONE TODAY:

MY TOP 3 PRIORITIES TODAY:

|    |  |
|----|--|
| #1 |  |
| #2 |  |
| #3 |  |

**KEY = 6 FOCUS AREAS**  
 EACH DAY IS JUST 100 BLOCKS OF 10 MINUTES.  
 HOW ARE YOU GOING TO SPEND THEM?

**For Your Head** | **For Your Heart**

How can I stay up-to-date? ——— INFORM ——— How can I inspire others today?

What am I going to learn today? ——— EDUCATE ——— What am I going to do for fun?

Who am I going to help today? ——— SOLVE PROBLEMS ——— CHALLENGE ——— How can I challenge myself today?

How can I inspire others today?

What am I going to do for fun?

How can I challenge myself today?

<< INVEST IN YOURSELF >>

|       | 0:00 | 0:10 | 0:20 | 0:30 | 0:40  | 0:50 |
|-------|------|------|------|------|---|------|
| 06.00 |      |      |      |      |   |      |
| 07.00 |      |      |      |      |   |      |
| 08.00 |      |      |      |      |   |      |
| 09.00 |      |      |      |      |   |      |
| 10.00 |      |      |      |      |   |      |
| 11.00 |      |      |      |      |   |      |
| 12.00 |      |      |      |      |   |      |
| 13.00 |      |      |      |      |   |      |
| 14.00 |      |      |      |      |   |      |
| 15.00 |      |      |      |      |   |      |
| 16.00 |      |      |      |      |   |      |
| 17.00 |      |      |      |      |   |      |
| 18.00 |      |      |      |      |   |      |
| 19.00 |      |      |      |      |   |      |
| 20.00 |      |      |      |      |   |      |
| 21.00 |      |      |      |      |   |      |
| 22.00 |      |      |      |      | 6AM ALARM: 16 hrs 40 AWAKE<br>22:40 BED: 7 hrs 20 SLEEP |      |