

DATE TODAY'S MESSAGE TO MYSELF

TODAY'S TOP 3 GOALS

TASKS THAT MUST BE DONE TODAY

PEOPLE I NEED TO REACH OUT TO

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### MORNING MINDSET

1. One thing I can get excited about today is...
2. A positive phrase or sentence I can say to myself several times today is...
3. Someone who needs me on my A-game today is...
4. A situation that might stress me out or trip me up today could be...  
... and the way that my best self would deal with that is...
5. Someone I could surprise with a note, gift, or sign of appreciation is...
6. One action I could take today to demonstrate excellence or real value is...
7. One bold action I could take today is...
8. If I was my own high performance coach, I would tell myself this today...
9. I would complete this day proud of my efforts if I make sure I...
10. The big picture I have to keep in mind today is that I am working steadily towards...

6AM	1PM
6:30	1:30
7	2
7:30	2:30
8	3
8:30	3:30
9	4
9:30	4:30
10	5
10:30	5:30
11	6
11:30	6:30
NOON	7
12:30	7:30

This is a free version. Get the official The High Performance Planner, which is in physical form and includes daily, weekly, and monthly pages, as well as assessments and notes pages. Get it mailed to your house free when you join GrowthDay! Visit [GrowthDay.com/start](http://GrowthDay.com/start). GrowthDay is the world's #1 system for self-improvement and success and features a digital journal, goal planner, and habit-tracking system... PLUS daily life coaching from Brendon Burchard!

### EVENING JOURNAL

1. A moment that I really appreciated today was...
2. A situation or task I handled well today was...
3. Something I realized or learned today was...
4. I could have made today even better if I...
5. Something that could have helped me feel more connected to others today would have been...
6. If I was my own high performance coach, I would tell myself this statement about today...

### DAILY HABITS SCORECARD

Give yourself a score of 1-5 on the following statements related to *High Performance Habits*. The goal isn't to be perfect. It's to be self-aware each day on the habits that help you succeed over the long-term.

#### CLARITY

I knew my "why" and I lived intentionally today.

#### PRODUCTIVITY

I worked on things that mattered most today.

#### ENERGY

I managed my mental and physical energy well.

#### INFLUENCE

I guided or treated others well today.

#### NECESSITY

I felt it was necessary to be my best and made success a "must"

#### COURAGE

I shared my real self, thoughts and feelings today.