

THE VALUE SYSTEM  
DAILY MANIFEST

DATE Friday, September 6

DAY 1

SCHEDULE



6A	Meditate Breakfast	
7A	Macro Hour Writing, Sketching	
8A	Macro Hour Reading (Investment Strategy)	
9A	2 x Macro Hours Long-term Strategy, Process Documentation	
10A	↓	
11A	Gym	
12P	Lunch	
1P	Outdoor Walk	
2P	2.5 x Micro Hours Client Fulfillment Work	
3P	↓	
4P	Meditation	
5P	2 x Micro Hours Scheduled Sales Calls	
6P	↓	

MACRO [GOALS]

90 DAYS

🕒	Transition to ecommerce model
😊	Lose 15lb, quit refined sugar
📊	Save \$5k, invest \$10k

MEZZO [MILESTONES]

30 DAYS

🕒	50% asset production, 50% client projects
😊	5lb. lost, cut out all sugar
📊	Saved \$1k, invested 2k

MICRO [TASKS]

TODAY

1.	Document sales process end-to-end	
2.	Publish lead-gen article	
3.	Finalize podcast outreach language	

READING

Rich Dad, Poor Dad — Robert Kiyosaki
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✓ GOOD HABITS

☐ Meditation

☐ Exercise

☐ Writing

✗ BAD HABITS

☐ Mindless Social Media

☐ Sugar

☐ Alcohol

REFLECTION

✓ ✗ Meditation streak, 6 days @ 2x

✓ ✗ Breakthrough in meeting new podcast guests

✓ ✗ Writing