

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

✓ GOOD HABITS

✗ BAD HABITS

<input type="checkbox"/> Meditation	<input type="checkbox"/> Mindless Social Media
<input type="checkbox"/> Exercise	<input type="checkbox"/> Sugar
<input type="checkbox"/> Writing	<input type="checkbox"/> Alcohol

REFLECTION

<input checked="" type="checkbox"/>	✗	Meditation streak, 6 days @ 2x
<input checked="" type="checkbox"/>	✗	Breakthrough in meeting new podcast guests
<input checked="" type="checkbox"/>	✗	Writing