

THE FOURTH GENERATION FORMULA

Daily Tracker Template

Breaking the 97% Failure Pattern

DATE:

MM/DD/YY

 DAY OF WEEK:

Monday

MY DAILY BUILDER'S FOUNDATIONS

☐

BODY BUILDER (Physical Movement)
Today I will:

☐

MIND BUILDER (Learning & Growth)
Today I will:

☐

CHARACTER BUILDER (Integrity Choice)
Today I will:

☐

VISION BUILDER (Identity & Goals)
Today I will:

☐

LEGACY BUILDER (Teaching & Transfer)
Today I will:

MY DAILY WINS

| | | |
|--------------------------|----------------------|-------|
| <input type="checkbox"/> | Decisive action on: | _____ |
| <input type="checkbox"/> | Created/shipped: | _____ |
| <input type="checkbox"/> | Followed through on: | _____ |
| <input type="checkbox"/> | Pushed forward: | _____ |
| <input type="checkbox"/> | Present with: | _____ |

"You are what you say you are, but only if you're willing to build the daily system that makes it true. Dreams without systems are just wishes."

END OF DAY REFLECTION

What went well today?

| |
|-------|
| _____ |
| _____ |

What could I improve tomorrow?

| |
|-------|
| _____ |
| _____ |

Tomorrow's most important priority:

| |
|-------|
| _____ |
|-------|

Get the complete Fourth Generation Formula Workbook and additional resources

www.fourthgenformula.com

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