

PROCRASTINATOR PREVENTER

For more information on how i can help you please contact me today
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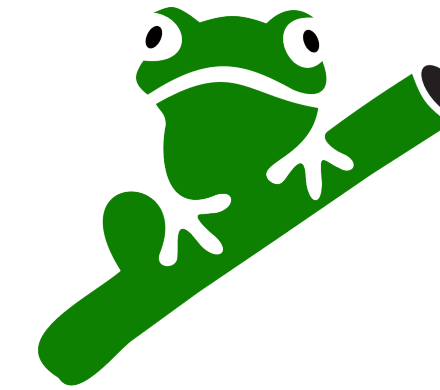
The Business Owners Cheat Sheet To Getting Shit Done So You Can Start Hitting All Your Targets You Set Yourself Without Feeling Frustrated



Day: _____ Date: _____

Time	Activity	Outcome / Notes
06:00		
06:30		
07:00		
07:30		
08:00		
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21:00		

Daily Summary Scoring		Score 1 -10
My Focus on TOP Daily priorities		
My Self Management Time Discipline		
Level of Right Activity		
Time ON Business - Marketing / Systems / Training / Growth		
Time IN Business - Doing the DO		
Best Part of Today / How I was OUTSTANDING!!! & How I Celebrated		
Top Learning of Today		
Top Focus for Tomorrow		
Top Stuck / Challenge		
Daily IVVM's		
I AM		
I AM		
I AM		
I AM		
I AM		
I AM		



The Frog I have to EAT today!

Tasks I have to do today which contributes to my quarters goals	
1	
2	
3	
4	
6	
PRIORITY FOLLOW UP CALL / EMAIL	
1	
2	
3	
4	
5	
6	
7	
OTHER TASKS / OR TO DELEGATE	
1	
2	
3	
4	
5	
I am grateful for:	