PERSISTANCE

Post At Motes

- **Express Daily Gratitude**
- Set Your Daily Goals
- **Prioritize Tasks**
- Identify Distractions
- **Action Steps to Pivot**



Today's Graditude List

Date:	



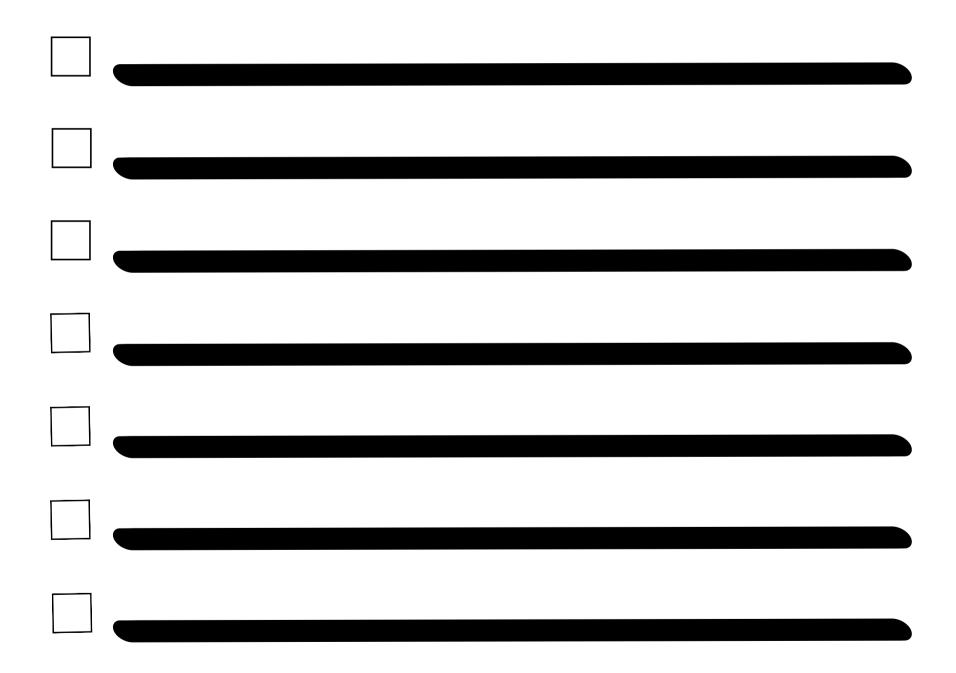
Today's Goal

Date:		

LET'S CRUSH TODAY!

Tasks

Date:



STARVE
YOUR DISTRACTIONS,

DATE:

FEED

YOUR

FOCUS.

PERSONAL Family / Friends Issues

> PROFESSIONAL Co-Workers / Tasks

MENTAL
Thoughts / Beliefs

FINANCIALLY
Bills / Unexpected Expenses

Action Steps

DEFINE YOUR OBJECTIVES

SET YOUR GOALS

PREPARE A VISUAL PLAN

ASSESS YOUR RESOURCES

WATCH, MEASURE, AND UPDATE

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End of the Day Reflection

		Reflection	
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3 Positives	