

# Daily Growth CHECKLIST

Practice these daily. You'll be one step closer to being the person you want to be

## Meaingful Work

- ☐ Communicate
- ☐ New Clients
- ☐ Write
- ☐ Delegate 3+ tasks
- ☐ Impact & influence
- ☐
- ☐

## Health

- ☐ 10,000+ steps
- ☐ Cold Shower
- ☐ Workout
- ☐ Mobility
- ☐ Eat 3 meals
- ☐
- ☐

## Mindset & Development

- ☐ Read 30 minutes
- ☐ Wake up early (-5am)
- ☐ 10-15 min Reflection
- ☐ Learn something new
- ☐ Practice a skill
- ☐
- ☐

## Personal

- ☐ Spend time with Erin
- ☐ Walk Koda
- ☐ Done before 6pm
- ☐ Stick to free time
- ☐ Call my mom and dad
- ☐
- ☐

# SAMPLE Daily Growth CHECKLIST

These are the things if you do daily, it will help you grow and improve.

# Focus 1

## Focus 2

## Focus 3

## Focus 4

# IMPORTANCE IDENTIFIER

Why are these tasks important for growth?

## Meaningful Work

- ☐ Tough conversations
- ☐ Helping more people
- ☐ Create content to help others
- ☐ Provide opportunities
- ☐ Did I help someone?
- ☐
- ☐

## Health

- ☐ Movement=clarity
- ☐ Small win=positivity
- ☐ Better body and mind
- ☐ Move well longer
- ☐ Energy and longevity
- ☐
- ☐

## Mindset & Development

- ☐ Knowledge and wisdom
- ☐ Win the morning
- ☐ Gratitude=growth
- ☐ To teach it
- ☐ To sharpen the axe
- ☐
- ☐

## Personal

- ☐ Grow relationship
- ☐ Love my dog
- ☐ Be more efficient
- ☐ Recharge=more clarity
- ☐ Better son, show gratitude
- ☐
- ☐

# SAMPLE IMPORTANCE IDENTIFIER

## Why are these tasks important for growth?

# Focus 1

[illegible]

## Focus 2

## Focus 3

## Focus 4