

DAILY SUCCESS TRACKER

Today's Date:

How do I feel about my overall day?



1 2 3 4 5 6 7 8 9 10

Why do I feel this way?

How productive was I today?



1 2 3 4 5 6 7 8 9 10

Why? Did anything negatively impact my productivity? What was it? How can I avoid that in the future?

What was my favorite part of the day?

What made it great?

What was my least favorite part of the day?

How can I reframe/redesign that to make it better?

What could I have done to make my day a 10?

Keys to a Phenomenal Day:

- | | |
|---------------------------------|-------------------------------------|
| <input type="radio"/> EDUCATION | <input type="radio"/> REST |
| <input type="radio"/> CREATION | <input type="radio"/> LEISURE |
| <input type="radio"/> HYDRATION | <input type="radio"/> FAMILY/SOCIAL |
| <input type="radio"/> EXERCISE | <input type="radio"/> ME TIME |

How many **Success Keys** did I achieve today?