

Daily check list For _____

Call list/ follow up

- 1) Get up by _____
- 2) Take medicine
- 3) Set my intention
- 4) Eat breakfast
- 5) Get ready
- 6) Exercise
- 7) Hook into _____
- 8) Lunch
- 9) Mid Day Reset _____
- 10) Build my relationship with

i.

ii.

iii.

iv.

- 11) NIPAs

a.

b.

c.

d

e.

f.

- 12) Family time doing _____

- 13) Appointments

- 14) What's for dinner? _____

- 15) What am I delegating

- 16) Evening review

- 17) Go to bed by

- 18) Bi nural tool _____

Delegation List