

Daily Plan: Small specific/measurable goals in each area.

Physically:

Spiritually:

Emotionally:

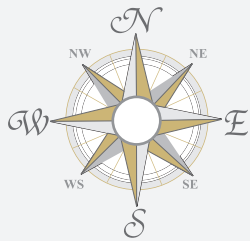
Sexually:

Execution of Daily Plan (Actions) What went well/what needs improvement?

Lessons learned to incorporate into tomorrow's plan

Plan-Execute-Lessons learned — Plan-Execute-Lessons learned — Plan-Execute-Lessons learned





Daily Plan: Small specific/measurable goals in each area.

Physically:

Spiritually:

Emotionally:

Sexually:

Execution of Daily Plan (Actions) What went well/what needs improvement?

Lessons learned to incorporate into tomorrow's plan

