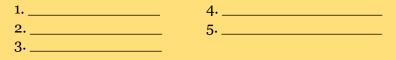
## What are Your Daily Non-Negotiables ?

Every day holds opportunity for you! You want to be at your best ...in the zone! Skim this checklist and consider what is important to your well being each day.

Connecting w/ Friends	Having Fun
📃 Adequate Sleep	Relaxing
Tasks	Peace of Mind
Physical Fitness	Comfort
Rise Early	Organization
Meditation	ڬ Living your Potential
Making Money	Planning
Prayer	Routine
Helping Others	Scheduling Time
D Quiet time	Flexibility
Intimacy	Reading
Eating Healthy	Goal setting
Adventure	🔰 Journal

## Let's see what's important to you!

- 1. First, circle your top 10 daily priorities that make your day a "GOOD DAY!" When these things happen, life is good!
- 2. Next, rank your top 5 priorities from those you circled in step



- 3. Now, what are the top 3 non-negotiables that you think are most important for you to be in the "zone" and live your life with purpose and peace?

