

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.

- | | |
|--|--|
| <input type="checkbox"/> Connecting w/ Friends | <input type="checkbox"/> Having Fun |
| <input type="checkbox"/> Adequate Sleep | <input type="checkbox"/> Relaxing |
| <input type="checkbox"/> Tasks | <input type="checkbox"/> Peace of Mind |
| <input type="checkbox"/> Physical Fitness | <input type="checkbox"/> Comfort |
| <input type="checkbox"/> Rise Early | <input type="checkbox"/> Organization |
| <input type="checkbox"/> Meditation | <input type="checkbox"/> Living your Potential |
| <input type="checkbox"/> Making Money | <input type="checkbox"/> Planning |
| <input type="checkbox"/> Prayer | <input type="checkbox"/> Routine |
| <input type="checkbox"/> Helping Others | <input type="checkbox"/> Scheduling Time |
| <input type="checkbox"/> Quiet time | <input type="checkbox"/> Flexibility |
| <input type="checkbox"/> Intimacy | <input type="checkbox"/> Reading |
| <input type="checkbox"/> Eating Healthy | <input type="checkbox"/> Goal setting |
| <input type="checkbox"/> Adventure | <input type="checkbox"/> 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
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
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?
 1. _____
 2. _____
 3. _____