

DAILY FOCUS PAGE

Date : _____

Energy level : Low Medium High

Top priorities (1-3):

1. _____
2. _____
3. _____

Time blocks:

Morning: _____

Afternoon: _____

Evening: _____

Brain dump:

Dopamine support : Appetizer Side Entree Body doubling: Yes No

Wins today:

Evening reflection:

Progress over perfection.