

*Writing down what you do each day enables you to see how what you are doing is creating the way you are today. Candidly capture your daily habits. Be curious rather than hard on yourself. This information is only for you.*

Time	Eat	Drink	Work	Exercise	Play	Connect	Sleep
6:00 am							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
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10:00							
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11:00							
11:30							
12:00 pm							
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10:00							
10:30							
11:00							
11:30							
12:00 am							

*In 2 weeks, review your Daily Snapshots. Consider what you've been doing – what's working for you and what's not.*