

Daily Control Checklist

Name: _____ Date: _____

Mindset & Focus

- 1. Choose your mindset (set a clear, intentional outlook for the day)
- 2. Set your Top 3 priorities

Action & Discipline

- 3. Do one hard thing first
- 4. Move your body (20–30 minutes)

Grounding & Presence

- 5. Spend time in nature (10–20 minutes, no distractions if possible)

Awareness & Input

- 6. Control your inputs (limit mindless scrolling, choose useful content)
- 7. Track one key metric (habit, time, money, or health)

Environment & Growth

- 8. Tidy one small area
- 9. Learn or practice a skill (30–60 minutes)

Reflection & Reset

- 10. Reflect and prepare for tomorrow
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Notes:

Completion Score (out of 10): _____

Aim for consistency, not perfection. 7 out of 10 completed is a strong day.