

The 3A System™: Daily Structure Worksheet

J.J. SHAWVER

Use this worksheet daily to build intentional systems that align your mind, your mission, and your momentum. This process is designed to help you stop living reactively and start leading your life with clarity and confidence.

1. Anchor Your Mornings

☐ 5 Minutes in Scripture – What verse are you meditating on today?

☐ 5 Minutes of Gratitude – List 3 specific things you're grateful for:

1. _____

2. _____

3. _____

☐ 5 Minutes Reviewing Priorities – What matters most today?

2. Automate the Essentials

List 3 routines or habits you can automate today:

1. _____

2. _____

3. _____

3. Audit Every Night

Reflection:

→ What worked today? _____

→ What didn't work? _____

→ Where did you drift or get distracted? _____

Top 3 Goals for Tomorrow– Identify the 3 most important things to accomplish:

1. _____

2. _____

3. _____

Completing this worksheet daily is a powerful step toward self-improvement and personal growth. By committing to these practices, you are investing in yourself and your future. Remember, the journey to a more intentional and purpose-driven life is not always easy, but it's worth it!

Keep Going!

- **Celebrate Small Wins:** Acknowledge and celebrate the small victories each day. They are the building blocks of your larger goals and contribute to your overall progress.
- **Stay Consistent:** Consistency is key. Each time you complete this worksheet, you are reinforcing positive habits and moving closer to your aspirations.
- **Reflect and Adjust:** Use your nightly audit as a tool for growth. Reflect on what you've learned and be open to making adjustments. Growth often comes from understanding and improving upon what didn't go as planned.
- **Remember Your Why:** Keep your mission and purpose at the forefront of your mind. Whenever you feel the weight of the process, remind yourself why you started and the impact it will have on your life.
- **Support System:** Engage with others who are on a similar journey. Sharing insights, challenges, and encouragement can provide the motivation you need to keep pushing forward.

Your commitment to this process is an inspiration. Keep striving, keep growing, and remember that each step you take is a step closer to leading a life filled with clarity and confidence. You've got this!



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