

How to Use the 1–1–1–5™ CEO Daily System

This guide walks you through how to use your CEO Daily Planner and Monthly Tracker to stay focused, grounded, and moving forward in your business and life—every single day.

Step 1: Start Your Day with Identity

✅ Complete your Identity Anchoring Ritual (10–15 mins):

- 55x5 Affirmation Writing
- Mirror Work Affirmations
- Frequency Journaling (528, 963, or 777 Hz)

Ask yourself: 'What does the woman I'm becoming need me to do today?'

Step 2: Focus on One Income-Producing Task

👛 Choose ONE task that builds your brand, offers, or products:

- Build one course slide
- Record an audio ritual
- Upload a keychain/incent product listing
- Send one sales email or pitch

Write this task in your daily tracker so you can measure your momentum.

Step 3: Do One Visibility Action

📣 Take action to be seen and build trust:

- Post a reel, carousel, or story
- Go LIVE or reply to DMs
- Drop a CTA or share behind-the-scenes

You don't need to be viral. You need to be visible.

Step 4: Earn Your 5 Life Integrity Points

💖 These track how you honor your health and soul daily. Give yourself 1 point for each:

- ☐ Nourishing meal
- ☐ Movement (walk, yoga, strength)
- ☐ Connection (text, call, presence)
- ☐ Creativity (music, journaling, beauty)
- ☐ Hydration, rest, or supplements

Write '5/5' in your tracker cell each day you complete all.

Weekly Rhythm Reference

Monday – Digital Product Creation

Tuesday – Content Creation + Batching

Wednesday – Course or Subscriber Content

Thursday – Speaking Practice or Pitch

Friday – Community Engagement + Monetization

Saturday – Fulfillment + CEO Review

Sunday – Ritual Reset + Weekly Planning

At the end of each week, reflect:

- What moved the needle?
- What slowed me down?
- What gets doubled next week?

This system helps you stop reacting—and start leading. You’ve got this. 🏆

The CEO Daily Planner – 1-1-1-5™ Method

1. Identity Anchoring Ritual (10–15 mins)

Start each day grounded in your CEO self. Choose one:

- 55x5 Affirmation Method
- Frequency journaling (528, 777, 963 Hz)
- Mirror affirmation work
- Breathwork or visualization

Prompt: “How does the woman I’m becoming think, speak, and act today?”

2. Income-Producing Task (Move the offer forward)

Choose one focused task:

- Build part of a course or digital product
- Pitch a speaking event
- Create product listings (keychains, incense, etc.)
- Create sales funnel asset or email
- Record value-packed short video for subscribers

3. Visibility Action (Build connection + brand presence)

Post, share, or connect daily:

- Publish a Reel or carousel
- Engage in comments or DMs
- Go LIVE or share behind-the-scenes
- Invite followers to subscribe

4. 5 Life Integrity Points (Whole Woman Focus)

Give yourself 1 point for each of the following:

- ☐ Nourishing Meal
- ☐ Movement (walk, yoga, strength)
- ☐ Connection (call, voice note, presence)
- ☐ Creativity (music, journaling, nature)
- ☐ Hydration, Rest, or Supplement

Daily Focus Tracker

Date	Identity Ritual?	Income Task?	Visibility Done?	5/5 Life Pts?
_____	_____	_____	_____	_____



Weekly Structure Sample

Monday – Digital Product Creation

Tuesday – Content Creation + Batch

Wednesday – Course or Subscriber Drop

Thursday – Speaking Event Practice or Pitch

Friday – Community + Monetization

Saturday – Fulfillment + CEO Review

Sunday – Ritual Reset + Weekly Planning

CEO Monthly Tracker – Alignment & Execution Map

Monthly Non-Negotiables

- Daily Identity Ritual (55x5, frequency journaling, breathwork)
- 1 Income-Producing Task per day
- 1 Visibility Action per day
- 5/5 Life Integrity Points
- Weekly Fulfillment + CEO Review
- Sunday Reset Ritual + Planning

Weekly Breakdown (Mon–Sun)

- Monday: Digital Product Creation / Offer Building
- Tuesday: Content Creation + Batching
- Wednesday: Course or Subscriber Content
- Thursday: Speaking Practice or Pitch
- Friday: Community Engagement + Monetization
- Saturday: Fulfillment + CEO Self-Review
- Sunday: Reset Ritual + Weekly Planning

Monthly Tracker Grid

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Week 1	<input type="checkbox"/> Income Task <input type="checkbox"/> Visibility <input type="checkbox"/> Ritual <input type="checkbox"/> 5/5 Pts	<input type="checkbox"/> Income Task <input type="checkbox"/> Visibility <input type="checkbox"/> Ritual <input type="checkbox"/> 5/5 Pts	<input type="checkbox"/> Income Task <input type="checkbox"/> Visibility <input type="checkbox"/> Ritual <input type="checkbox"/> 5/5 Pts	<input type="checkbox"/> Income Task <input type="checkbox"/> Visibility <input type="checkbox"/> Ritual <input type="checkbox"/> 5/5 Pts	<input type="checkbox"/> Income Task <input type="checkbox"/> Visibility <input type="checkbox"/> Ritual <input type="checkbox"/> 5/5 Pts	<input type="checkbox"/> Income Task <input type="checkbox"/> Visibility <input type="checkbox"/> Ritual <input type="checkbox"/> 5/5 Pts	<input type="checkbox"/> Income Task <input type="checkbox"/> Visibility <input type="checkbox"/> Ritual <input type="checkbox"/> 5/5 Pts	<input type="checkbox"/> Income Task <input type="checkbox"/> Visibility <input type="checkbox"/> Ritual <input type="checkbox"/> 5/5 Pts
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