

# YOUR 5 STEP QUICK WIN DAILY CHECKLIST

- ☐ Time block your day
- ☐ Set non-negotiables
- ☐ 15 min home reset
- ☐ 15 min self-care ( take a walk, grab a coffee, personal hobby)
- ☐ Create a home command center
- ☐ Bonus Tip:  
Create three pre-set time slots ex: morning mayhem 6am-9am midday sprint 12pm -2pm, and evening wrap up 6pm-8pm