



Behavior + Comfort Killing Tasks	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Killed	Goal	Net
☐ Personal Development								0		0
☐ Gym / Run / Jog / Stretch 30-60 minutes								0		0
☐ Comfort Killers Affirmation								0		0
☐ New Language: [EDIT YOUR LANGUAGE CHOICE]								0		0
☐ Course: Negotiation, Communication, Sales								0		0
☐ Meal Prep								0		0
☐ Write (Article, Book, Creativity)								0		0
☐ Cold Ass Shower								0		0
☐ Vitamins + Shake								0		0
☐ Financial Planning								0		0
☐ Watch Motivational + Inspirational Media								0		0
☐ Weight + Energy Check								0		0
☐ Fun + Entertainment								0		0
☐ Meditation								0		0
☐ Critical Business Tasks								0		0
☐ Give - Give - Give								0		0
☐ Update Calendar								0		0
☐ Update Social Media								0		0
☐ Emails + Follow up								0		0
☐ Weekly Book: [EDIT YOUR BOOK CHOICE HERE]								0		0
☐ Wake up 1-2 Hours Early								0		0
☐ 1 Uncomfortable Task								0		0
☐ 7-8 hours of SLEEP								0		0
[EDIT YOUR TASK]								0		0
[EDIT YOUR TASK]	0		0							
								0		0
Hours in a DayHours in a WeekHours in a MonthHours in a YearHours in 5 Years										
24168730876043800										
								Achieved		