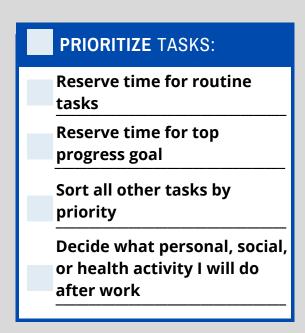


DAILY STARTUP SEQUENCE TEMPLATE

REMINDERS TO MYSELF:	
Key success principles I want to remember	
Mindsets I want to adopt	

GATHER TASKS FROM INBOXES:	
Email	
Asana	_
Slack	_
Paper inbox	_
Phone messages	_



Pause to remember your big reason for working hard and fast. **Now Start!** Use the focus-guide below to guide you.

IS THERE A FOCUS-BLOCK ACTIVITY OR APPOINTMENT SCHEDULED FOR THIS HOUR?



•Turn off distractions and do it!

•(optional) Set a countdown timer

NO!

- •Review prioritized to-do list and go from the top
- •(optional) Use Pomodoro Method