

# What is your commitment for tomorrow?

Top Outcomes for Tomorrow	Actions
1.	
2.	
3.	
4.	

## JOURNAL

What is one thing you FEEL Grateful for?

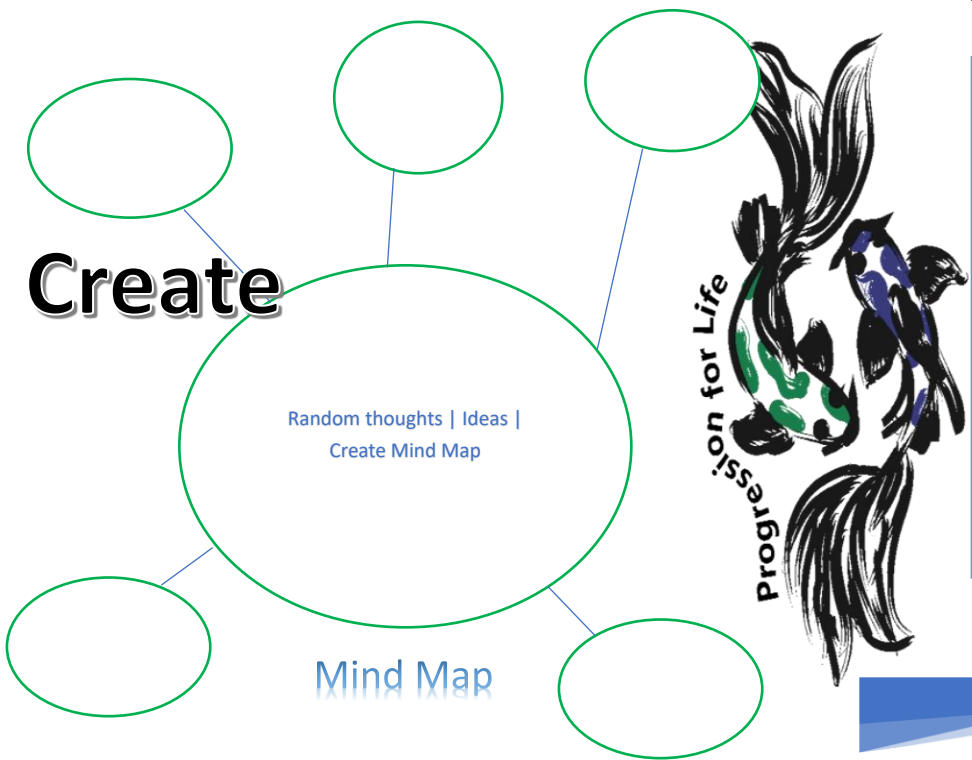
What happened today that was impactful?

What did I learn today?

How can I use it tomorrow?

## Tomorrow Morning Routine

- 5:30 AM, ALARM | MINDSET | FEEL GREATFUL | VISUALIZE THE DAY
- 5:45 AM, GYM DAYS THAT END IN Y CARDIO | T DAYS SWIMMING
- 7:00 AM, BREAKFAST | REVIEW MY OUTCOMES
- 7:30 AM CREATE
- 8:00 AM START THE WORKDAY



Notes: