My Daily Skeleton

This is a supplement to the book

7431: How do you order your world?

This simple format is designed for you to help with the most basic building block to organizing your world: ***The Day!!***

My Top 5 Tasks:

(Possibly what others rely on you for)

1)

2)

3)

4)

5)

Skeleton Questions for your Day:

Did I get enough sleep?

Did I eat meals at a personally determined set time?
(3 is key)

...2 healthy snacks is good too.

Did I take breaks from my work?

Did I give my brain and heart different things to work on?

(Not a one track mind)

Did I give quantitative time to those I love?

Did I relax when I was done working?

Did I move? Exercise or refueling... Do I have regrets or things I left unsaid or done from my day?

My Personal Goals Today:

(Things I hope to accomplish)

1)

2)

3)

4)

5)

What I hope to be known for in all that I do during the day:

Thoughts… What do I need to change to fulfil my 7 day plan?

Thoughts… How were my values recognized in what I did in all the arenas of my life?

Would you like to read the book?
www.LeadFreely.ca/Downloads

Eric Friesen
Getting to the essence of what you do