

DATE

Today Started Yesterday

1 Focus for Today **Do the important thing first before anything else**

Deep Work Slots

WOOP

(E x F x W.I.N)^C

How will you practice your virtues today

Gratitude + Hope + Zest + Curiosity + Love

Energy

Work

Love

ἀρετή

What are you thankful for

Gratitude

Did you do these well?

SCORES

Eat Move Sleep Breath Focus Celebrate

___/10 - Today

Meditation Digital Sunset +1 Arete?

___/10 - Yesterday