

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

Energy

Work

Love

ἀρετή

How will you practice your virtues today

Gratitude + Hope + Zest + Curiosity + Love

What are you thankful for

Gratitude

1 Celebration

What needs work

Did you do these well?

SCORES

Dare Move Sleep Love 2.0 Focus Music

__ / 10 - Today

Meditation Digital Sunset Eat Photo

__ / 10 - Yesterday