



"Every daily decision is casting a vote for the person you are becoming."

GETTING STARTED

Name: _____

Sport / Position: _____

School / Team: _____

WEEK OF	FOCUS WORD / THEME
_____	_____
_____	_____

DAILY INTENTION

Today I am focused on:

My non-negotiables today:

1. _____
2. _____
3. _____

DAILY PILLARS CHECK-IN

Rate each area today (circle): 1 — 2 — 3 — 4 — 5

Social
1 — 2 — 3 — 4 — 5
One relationship I invested in today:

Emotional
1 — 2 — 3 — 4 — 5
My energy level / mindset today:

Physical
1 — 2 — 3 — 4 — 5
Recovery / training note:

Financial
1 — 2 — 3 — 4 — 5
One money decision I made today:



WEEKLY CALENDAR

MON	TUE	WED	THU	FRI	SAT	SUN

WEEKLY REFLECTION

What was my biggest WIN this week?

What pattern kept showing up (good or bad)?

What did I avoid that I need to face next week?

Does this help Future Me? YES / NO — Why:

NEXT WEEK — TOP 3 PLAYS

1

2

3

TAKEAWAY

"The athlete everyone watches on Friday was built in the moments nobody saw."