DAILY GAUDET PLAYBOOK

TODAY'S QUOTE

DAY:

Mon Tue Wed Thu Fri Sat Sun

GROWTH
WRITE 3 GOALS / SPEND 15 MANIFESTING DAILY

TASKS → DELEGATE ↑ WORK ↓ LEARN ← THINK

1 Not Urgent/Important	**3** Not Urgent / Not Important
2 Urgent / Important	**4** Urgent / Not Important

HEALTH – DRINK WATER / 0 CARBS / 0 SUGAR / EAT PROTEIN / EAT VEG&FRUITS / EXERCISE / LIFT WEIGHTS	☐ ⓣ	1
# OF TASKS COMPLETED ON LAST PLAYBOOK	☐ ⓣ	2
BOOK	☐ ⓣ	3
NOTES	☐ ⓣ	4
	☐ ⓣ	5
	☐ ⓣ	6
	☐ ⓣ	7
	☐ ⓣ	8
	☐ ⓣ	9
	☐ ⓣ	10
TOP 3 GOALS	☐ ⓣ	11
1	☐ ⓣ	12
2	☐ ⓣ	13
3	☐ ⓣ	14
TOP 5 INITIATIVES	☐ ⓣ	15
1	☐ ⓣ	16
2	☐ ⓣ	17
3	☐ ⓣ	18
4	☐ ⓣ	19
5	☐ ⓣ	20
IDEAS	☐ ⓣ	21
1	☐ ⓣ	22
2	☐ ⓣ	23
3	☐ ⓣ	24
4	☐ ⓣ	25
SOCIAL MEDIA POST IDEAS/MARKETING	☐ ⓣ	26
1	☐ ⓣ	27
2	☐ ⓣ	28
3	☐ ⓣ	29
4	☐ ⓣ	30
HOME/FAMILY	☐ ⓣ	31
1	☐ ⓣ	32
2	☐ ⓣ	33
3	☐ ⓣ	34
4	☐ ⓣ	35

CONTACTS FOR FOLLOW UP

✉		✉	
✉		✉	
✉		✉	
✉		✉	
✉		✉	

CREATIVE IDEAS / NOTES / DOODLES

	IMPORTANT	NOT IMPORTANT
NOT URGENT	1 - NOT URGENT / IMPORTANT	3 - NOT URGENT / NOT IMPORTANT
URGENT	2 - URGENT / IMPORTANT	4 - URGENT / NOT IMPORTANT