

DISCIPLINE = FREEDOM / DISCIPLINE, DRIVE, DETERMINATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Date							
FITNESS							
Workout							
Training (Martial Arts)							
Mindfulness/Metnal Training							
NUTRITION							
Carbs							
Fat							
Protein							
Alcoholic drinks							
Restaurant meals							
Bowel movement?							
SLEEP (previous night)							
Self-assessed grade (1-10)							
BUSINESS							
Getting things done early							
Writing/Creating Content							
Podcasting							
Self-assessed grade (1-10)							
FAMILY/FRIENDS							
Time awake							
Checking in on Someone							
Meals with Family/Friends							
Family/Friends Activity							
Self-assessed grade (1-10)							
SPIRITUAL TIME "FREEDOM"							
Time in Nature							
Time doing new things							
Time in Self-Reflection/Visualize							
Self-assessed grade (1-10)							
FUTURE							
Stayed on budget							
Secured income/saved							
Education							
Self-assessed grade (1-10)							

https://docs.google.com/spreadsheets/d/1oZdzPzxdvBkOrzcJ-suS36fKulOKdR0FN-OCF_P8iQ/edit?usp=sharing