

# YOUR IDEAL DAY (Tracking system)

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total	Notes
<b>Health/Energy</b>									
1.									
2.									
<b>Emotions</b>									
1.									
2.									
<b>Relationships</b>									
1.									
2.									
<b>Business/Mission</b>									
1.									
2.									
<b>Finances</b>									
1.									
2.									
<b>Contribution</b>									
1.									
2.									
<b>Celebration</b>									
1.									
2.									

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**(Tracking system)**  
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**The goal is to measure your Actions each day to ensure that you are making progress towards living your IDEAL DAY!! Each daily action is measured to help you begin to identify patterns of achievement and patterns of “feedback” you have in your life today... over time you will clearly see the patterns in your day to day life and have an opportunity to adjust them, make progress and fully live your IDEAL DAY!**

**In this tracking system you will receive RESULTS and/or you will receive FEEDBACK...**

**If you get a feedback, answer the following questions:**

- 1. What can I learn from this?**
- 2. What is GREAT about this?**
- 3. What can I do better tomorrow?? (Make sure to apply this the following day!)**

**By asking these questions daily eventually you will accumulate enough learning experience to define MAXIMUM PERFORMANCE and establish a very effective set of habits that create your ideal day!**