

INSTRUCTIONS

Print this page and cut on the dotted line. Fill out Part 1 of your DayPlan and leave it on your night stand before you go to bed. Check all eight items below to complete your **One Perfect Day Challenge** tomorrow:

The Perfect Day begins the night before. Prepare for the challenge tonight with answers to the following questions:

WHAT IS YOUR ONE MAIN GOAL?

Think of One Main Goal (OMG) you are pursuing right now in your life.

WHEN EXACTLY WILL YOU ARISE?

It's important that you start your day keeping a commitment to yourself. Lose the snooze!

WHAT IS YOUR MORNING ROUTINE?

If you don't have one already, map out a morning routine with activities that supercharge your mind and body. Google search ideas that make the most sense: meditation, reading, exercise, planning, yoga, journaling, etc. Start with 4-6 activities, depending on your time restraints.

WHAT IS YOUR ACTION LIST?

Consider the five most important things that will get you closer to your OMG. Tee up the first item by putting it in motion tonight with the simplest first step. For example, if your #1 item is to write an article, leave open a blank word doc before going to bed.

CHALLENGE CHECKLIST

You successfully completed the challenge if you can check off each of these seven items at the end of the day:

- YOU FILLED OUT YOUR DAYPLAN BEFORE GOING TO BED LAST NIGHT**
- YOU TEE UP YOUR #1 ITEM BEFORE GOING TO BED LAST NIGHT**
- YOU WOKE UP AT THE TIME YOU WROTE ON YOUR PAPER**
- YOU COMPLETED YOUR MORNING ROUTINE AS YOU HAD PLANNED**
- YOU COMPLETED ALL FIVE ITEMS ON YOUR LIST OF THINGS TO DO**
- YOU CARRIED YOUR DAYPLAN WITH YOU THROUGHOUT YOUR ENTIRE DAY**
- YOU FILLED OUT PART 2 AT THE END OF THE DAY**

>> After you've completed your **One Perfect Day Challenge**, keep the momentum going by repeating the process for seven days to achieve **One Perfect Week**. For support or more information on the 3x5 Achievement System, visit www.3x5Goals.com.



DATE

ARISE

Write your One Main Goal (OMG)

What will you do today to get closer to your OMG?

PART 1

1

2

3

4

5

1. What small win did you have today?

2. What could you have done better today?

3. What are you most grateful for right now?

PART 2