

WEEKLY RHYTHM REGISTER

“The rhythm of daily action aligned with your goals creates the momentum that separates dreamers from super-achievers.”

–Darren Hardy

Behavior/Action	MON	TUES	WED	THUR	FRI	SAT	SUN	Achieved	Goal	Net

TOTAL

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DATE RANGE ___/___ - ___/___

Commitment is doing the thing you said you were going to do long after the mood you said it in has left you.