

Structure Agenda - Daily Application (Module 1)

1. Start of the day - Intention & Energy

How do I feel physically, mentally and emotionally?

Energy boosters of today:

What will I let go of (no energy waste on...)?

2. Focus - Priorities & Time Blocks

My 3 most important goals today:

1. _____

2. _____

3. _____

Time planning:

08:00 - 12:00 -> _____

13:00 - 16:00 -> _____

16:00 - 18:00 -> _____

3. End of the day - Reflection & Rest

What gave me focus and satisfaction today?

What distracted or drained me?

What do I take with me into tomorrow?

"Structure is not a limitation. It is the mental space where you take back control."