

Daily Success Checklist

Writing down visions and goals, and checking off work, powerfully reinforces your commitment psychologically. We challenge you to refer back to this checklist, which you will create, every single day.

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1. **What is your vision?** Write down the end result you wish to see at the end of all your hard work.

Example: *I want to feel and look better than I ever have before.*

2. **What are your goals to reach this vision?** Write down the measurable work you will accomplish, as well as specific timeframes.

Example: *I will remove all processed sugar from my diet, every day for 30 days.*

3. **Have you done the work today?** Go back up to your goals and mentally check off each one as it is completed. Remember, *nothing* happens without putting in the work.

You've got what it takes to reach your vision. Settle for nothing less.

