

PSI Seminars Productivity Sheet

HABITS

Water _____
Exercise _____
Visualize _____
Vitamins _____

Workout _____
Organize _____
Give _____
Tithe _____

Walk _____
Meditate _____
Read _____
Study _____

PROJECTS

Project #1: _____

4 things I can do to move this project forward:

Project #2: _____

4 things I can do to move this project forward:

Project #3: _____

4 things I can do to move this project forward:

PEOPLE

People I will reach out to today.

List the most important people you need to talk to today

People I'm waiting on.

List the people who you need something from in order to move forward.

PRIORITIES

The main things I must complete today no matter what.

List the priorities and to-dos that must be accomplished today and get your intention clear on these before getting caught up in other peoples agendas.

Today I AM _____ & _____ for myself
Today I AM _____ & _____ for people

Did I grow? Did I love? Did I matter?