

# A Daily Contract with Myself

**Family** – While I love my family and friends, today I will pay particular attention to

---

---

**Spiritual** – What I'm most thankful for today is

---

---

**Personal Development** –

What I plan to do to improve myself today is

---

---

My biggest fear today is

---

---

and I will conquer it by doing

---

---

**Health** – To improve my health, today I will \_\_\_\_\_.

**Business** – Today I will focus on:

Lead Generation: \_\_ 1 hr. \_\_ 2 hrs. \_\_ 3 hrs.

Reconnect with: \_\_\_\_\_ people today

My most 3 important tasks today are: \_\_\_\_\_

---

---

**ACCOUNTABILITY:** \_\_\_\_\_ **NAILED IT!** \_\_\_\_\_ **Left task for another day!**