

# THE DAILIES

The little, daily practices are what prepare you to be brilliant when it most counts.

## LIST A FEW VALUABLE ACTIVITIES THAT ARE RARELY URGENT.

Consider the activities that really make a difference in life and work, but could always be deferred.

## WHAT DAILY RELATIONAL PRACTICES SHOULD YOU INCORPORATE?

Are there people you should connect with daily in order to keep the relationship strong?

## HOW WILL YOU FEED YOUR MIND EACH DAY?

Identify some resources (books, film, etc.) that you will experience in some way to sharpen your mind.

## HOW WILL YOU FUEL THE FLAMES?

Consider how you might engage in spiritual practice (meditation, prayer, etc.) to help you stay focused.

## HOW WILL YOU KEEP YOUR BODY STRONG?

Identify a few ways you will keep your physical body in good shape so you have energy for your work.