



DAILY ACTION PLANNER

“You are what you do, not what you say you do.”

~ Carl Jung



Welcome to the Daily Action Planner!

This planner can help you get organized, stay focused, increase productivity, and build healthy and effective habits. Use this tool to set meaningful goals, maintain momentum, prioritize what's most important to you, and reflect on your successes and areas of further growth.

Here's an overview of the format:

- There is a day in this planner for each day in the Authentic Man Course – 49 in total.
- There is an initial assessment on Day 1, which will set the baseline for the remainder of the course.
- After week one, each week has six daily reviews (days 2-6, 15-20, 22-27, etc.) and one “Weekly Review”, which are on day 7, 14, 21, 28, and so forth.
- There is a Final Review on the last two pages.

Use this planner consistently for the best possible results. If you miss a day, I encourage you to skip ahead to the corresponding day of the course so you can get the most out of the weekly review days.

It's important that the things you are tracking and the questions you are reflecting on are meaningful and relevant to you, your values, your challenges, and what you want to create in your life. Feel free to daily review categories and/or reflection questions to best serve you, your goals, and your lifestyle.

If you have any questions, feel free to reach out in one of the live sessions, in the group forum, or by email – scott@scottcaspell.com

To your success and fulfillment,

Scott



DAY 1

My main goal in using this planner is to ...

What will help me stay on track and get the most out of using this planner is ...

Initial Assessment	Rating 1 – 10
Clarity I am clear on the man I want to be, what is important to me, and my priorities.	
Mindset My thoughts, attitude and outlook on life are aligned with the man I want to be.	
Health My level of exercise, nutrition, and sleep allows me to have the vitality to enjoy life, navigate challenges, and feel good about myself.	
Relationships My relationships are strong, healthy and supportive of the man I want to be and the life I want to live.	
Habits My habits support me in having the energy, focus and level of productivity I desire.	
Enjoyment and Gratitude I find pleasure, fun and fulfillment in life and I am grateful for what I have.	

“If you don’t know where you are going, you’ll end up someplace else.”

~ Yogi Berra



DAY 2

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 3

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 4

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 5

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 6

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 7 - WEEKLY REVIEW

The most important thing I learned about myself this past week is ...

What I am most grateful for this week is ...

Weekly Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude

Ideas for improving these areas

The Week Ahead

My top priorities for next week are ...



DAY 8

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 9

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 10

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 11

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 12

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 13

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 14 - WEEKLY REVIEW

The most important thing I learned about myself this past week is ...

What I am most grateful for this week is ...

Weekly Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude

Ideas for improving these areas

The Week Ahead

My top priorities for next week are ...



DAY 15

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 16

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 17

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 18

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 19

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 20

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 21 - WEEKLY REVIEW

The most important thing I learned about myself this past week is ...

What I am most grateful for this week is ...

Weekly Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude

Ideas for improving these areas

The Week Ahead

My top priorities for next week are ...



DAY 22

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 23

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 24

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 25

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 26

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 27

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 28 - WEEKLY REVIEW

The most important thing I learned about myself this past week is ...

What I am most grateful for this week is ...

Weekly Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude

Ideas for improving these areas

The Week Ahead

My top priorities for next week are ...



DAY 29

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 30

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 31

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 32

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 33

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 34

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 35 - WEEKLY REVIEW

The most important thing I learned about myself this past week is ...

What I am most grateful for this week is ...

Weekly Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude

Ideas for improving these areas

The Week Ahead

My top priorities for next week are ...



DAY 36

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 37

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 38

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 39

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 40

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 41

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 42 - WEEKLY REVIEW

The most important thing I learned about myself this past week is ...

What I am most grateful for this week is ...

Weekly Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude

Ideas for improving these areas

The Week Ahead

My top priorities for next week are ...



DAY 43

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 44

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 45

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 46

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 47

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 48

One word to describe the man I want to be today is ...

One challenge I anticipate today is ...
I plan to navigate this challenge is by ...

The thing I am most looking forward to today is ...

Evening Review

My biggest learning from today is ...

Looking back on today, I am most grateful for...

The time today when I was most connected to my authentic self was ...

Top 3 Priorities for Today

1)

2)

3)

Daily Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude



DAY 49 - FINAL REVIEW

Final Scorecard

1 – 10

Clarity

Mindset

Health

Relationships

Habits

Gratitude

Other

Next steps in these areas





FINAL REVIEW CONTINUED

What I learned about myself using this planner is ...

This planner helped me connect with and live in alignment with my authentic self by ...

My next big step is to ...

Congratulations on successfully completing the course!

I hope this planner has helped you build self awareness, set meaningful goals, prioritize what's most important to you, and reflect on your successes and areas of further growth.

I welcome your feedback on this document and any improvements you can suggest -
scott@scottcaspell.com

