

"You are what you do, not what you say you do."

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/ore 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,





My main goal in using this planner is to \dots

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



| One word to describe the man I want to be today is | Top 3 Prio | |
|---|---------------|--------------|
| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
| | 2) | |
| The thing I am most looking forward to today is | 3) | |
| Evening Review | Daily Score | <u>ecard</u> |
| My biggest learning from today is | | 1-10 |
| wy biggest learning from today is | Clarity | |
| | Mindset | |
| Looking back on today, I am most grateful for | Health | |
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authentic self was ...

The time today when I was most connected to my

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| One word to describe the man I want to be today is | Top 3 Priorities for Today |
| One challenge I anticipate today is I plan to navigate this challenge is by | 1) |
| | 2) |
| The thing I am most looking forward to today is | 3) |
| Evening Review | Daily Scorecard |
| My biggest learning from today is | Clarity |
| | Mindset |
| Looking back on today, I am most grateful for | Health |



authentic self was ...

The time today when I was most connected to my

Relationships

Habits

| One word to describe the man I want to be today is | Top 3 Priorities for Today |
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| One challenge I anticipate today is I plan to navigate this challenge is by | 1) |
| | 2) |
| The thing I am most looking forward to today is | 3) |
| Evening Review | Daily Scorecard |
| My biggest learning from today is | Clarity |
| | Mindset |
| Looking back on today, I am most grateful for | Health |
| | Relationships |
| | Habits |
| The time today when I was most connected to my authentic self was | Gratitude |



| One word to describe the man I want to be today is | Top 3 Prio | |
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| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
| | 2) | |
| The thing I am most looking forward to today is | 3) | |
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| Looking back on today, I am most grateful for | Health | |
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authentic self was ...

The time today when I was most connected to my

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| One challenge I anticipate today is I plan to navigate this challenge is by | 2) | |
| The thing I am most looking forward to today is | 3) | |
| Evening Review | Daily Score | |
| My biggest learning from today is | Clarity | 1-10 |
| | Mindset | |
| Looking back on today, I am most grateful for | Health | |
| | Relationships | |
| - | Habits | |
| The time today when I was most connected to my | Gratitude | |



authentic self was ...

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 ...

Meekly Scorecard 1 – 10 Clarity Mindset Health Relationships Habits

Ideas for improving these areas

| The | My top priorities for next week are |
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| One word to describe the man I want to be today is | Top 3 Prio for Tod | |
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| The thing I am most looking forward to today is | 3) | |
| Evening Review | Daily Score | |
| My biggest learning from today is | | 1-10 |
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| Looking back on today, I am most grateful for | Health | |
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authentic self was ...

The time today when I was most connected to my

Habits

One word to describe the man I want to be today is ... **Top 3 Priorities for Today** 1) One challenge I anticipate today is ... I plan to navigate this challenge is by ... 2) The thing I am most looking forward to today is ... 3) **Daily Scorecard Evening Review** 1 - 10My biggest learning from today is ... Clarity Mindset Health Looking back on today, I am most grateful for... Relationships Habits



authentic self was ...

The time today when I was most connected to my

| One word to describe the man I want to be today is | Top 3 Prio for Tod | |
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| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
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| The thing I am most looking forward to today is | 3) | |
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| My biggest learning from today is | Clarity | |
| | Mindset | |
| Looking back on today, I am most grateful for | Health | |
| | Relationships | |



authentic self was ...

The time today when I was most connected to my

Habits

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| One word to describe the man I want to be today is | Top 3 Prio | |
| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
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| My biggest learning from today is Looking back on today, I am most grateful for | Clarity Mindset Health | |
| My biggest learning from today is | Clarity Mindset Health Relationships | |



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| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
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| My biggest learning from today is | Clarity Mindset Health | |
| My biggest learning from today is | Clarity Mindset Health Relationships | |



| One word to describe the man I want to be today is | Top 3 Prio for Tod | |
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| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
| | 2) | |
| The thing I am most looking forward to today is | 3) | |
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| Evening Review | Daily Score | |
| Evening Review My biggest learning from today is | | <u>1-10</u> |
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| My biggest learning from today is | Clarity Mindset | |
| My biggest learning from today is | Clarity Mindset Health | |
| My biggest learning from today is | Clarity Mindset Health Relationships | |



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 ...

Meekly Scorecard 1-10 Clarity Mindset Health Relationships Habits Gratitude

Ideas for improving these areas

| The | My top priorities for next week are |
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| Ahead | |
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| One word to describe the man I want to be today is | Top 3 Priorities for Today | |
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| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
| The thing I am most looking forward to today is | 2) | |
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| My biggest learning from today is Looking back on today, I am most grateful for | Clarity | |
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| Looking back on today, I am most grateful for The time today when I was most connected to my | Clarity Mindset Health | |
| Looking back on today, I am most grateful for | Clarity Mindset Health Relationships | |



| One word | to describe | e the man | l want to | be today is | |
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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

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Daily Scorecard

1-10

Clarity

Mindset

Health

Relationships

Habits





| One word to describe the man I want to be today is | Top 3 Prio for Tod | |
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| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
| | 2) | |
| The thing I am most looking forward to today is | 3) | |
| Evening Review | Daily Score | |
| My biggest learning from today is | | 1 – 10 |
| wy biggest learning from today is | Clarity | |
| | Mindset | |

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

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



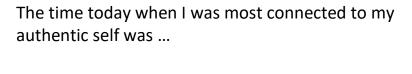
Health

Habits

Gratitude

Relationships

| DAY 10 | | |
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| One word to describe the man I want to be today is | Top 3 Prio | |
| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
| | 2) | |
| The thing I am most looking forward to today is | 3) | |
| Evening Review | Daily Scorecard | |
| My biggest learning from today is | | 1-10 |
| | Clarity | |
| | Mindset | |
| Looking back on today, I am most grateful for | Health | |





Relationships

Habits

| One word to describe the man I want to be today is | Top 3 Priorities for Today | |
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| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
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| The thing I am most looking forward to today is | 3) | |
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| Evening Review | Daily Score | |
| Evening Review My biggest learning from today is | Daily Score | <u>1-10</u> |
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| | Clarity | |
| My biggest learning from today is | Clarity Mindset | |
| My biggest learning from today is Looking back on today, I am most grateful for | Clarity Mindset Health | |
| My biggest learning from today is | Clarity Mindset Health Relationships | |



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| One word to describe the man I want to be today is | Top 3 Priorities for Today |
| One challenge I anticipate today is I plan to navigate this challenge is by | 1) |
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| Evening Review | Daily Scorecard |
| My biggest learning from today is | 1-10 |
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The time today when I was most connected to my authentic self was ...

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



Health

Habits

Gratitude

Relationships

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 ...

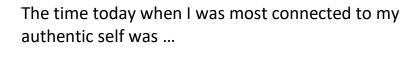
Meekly Scorecard 1-10 Clarity Mindset Health Relationships Habits

Ideas for improving these areas

| The | My top priorities for next week are |
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| One word to describe the man I want to be today is | Top 3 Prio for Tod | |
| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
| | 2) | |
| The thing I am most looking forward to today is | 3) | |
| Evening Review | Daily Score | <u>ecard</u> |
| My biggest learning from today is | | 1-10 |
| wy biggest learning from today is | Clarity | |
| | Mindset | |
| Looking back on today, I am most grateful for | Health | |





Relationships

Habits

| One word to describe the man I want to be today is | Top 3 Prio | - |
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| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
| | 2) | |
| The thing I am most looking forward to today is | 3) | |
| Evening Review | Daily Score | <u>ecard</u> |
| My biggest learning from today is | | 1-10 |
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The time today when I was most connected to my authentic self was ...

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



Health

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Gratitude

Relationships

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| One word to describe the man I want to be today is | Top 3 Prio for Tod | |
| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
| | 2) | |
| The thing I am most looking forward to today is | 3) | |
| Evening Review | Daily Score | |
| My biggest learning from today is | | 1-10 |
| | Clarity | |
| | Mindset | |
| Looking back on today, I am most grateful for | Health | |

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



Relationships

Habits

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

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Daily Scorecard

1-10

Clarity

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Health

Relationships

Habits





| One word to describe the man I want to be today is | Top 3 Prio | |
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| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
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| The thing I am most looking forward to today is | 3) | |
| Evening Review | Daily Score | <u>ecard</u> |
| My biggest learning from today is | | 1 – 10 |
| wy biggest learning from today is | Clarity | |
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The time today when I was most connected to my authentic self was ...

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



Health

Habits

Gratitude

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| One word to describe the man I want to be today is | Top 3 Prio for Tod | |
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| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
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| The thing I am most looking forward to today is | 3) | |
| Evening Review | Daily Scorecard | |
| My biggest learning from today is | | 1 – 10 |
| Wiy biggest learning from today is | Clarity | |
| | Mindset | |

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

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



Health

Habits

Gratitude

Relationships

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 ...

Meekly Scorecard 1 – 10 Clarity Mindset Health Relationships Habits Gratitude

Ideas for improving these areas

| The | My top priorities for next week are |
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One word to describe the man I want to be today is ... **Top 3 Priorities for Today** One challenge I anticipate today is ... 1) I plan to navigate this challenge is by ... 2) The thing I am most looking forward to today is ... 3) **Daily Scorecard Evening Review** 1 - 10My biggest learning from today is ... Clarity Mindset

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

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



Health

Habits

Gratitude

Relationships

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

Top 3 Priorities for Today

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

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

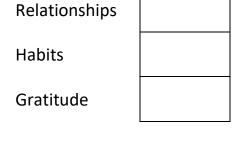
Sevening Review

My biggest learning from today is ...

Clarity

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

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



Mindset

Health



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

Top 3 Priorities
for Today

1)

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

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

Daily Scorecard

I - 10

Clarity
Mindset

The time today when I was most connected to my

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

Relationships
Habits
Gratitude

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authentic self was ...

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| One word to describe the man I want to be today is | Top 3 Priorities for Today | |
| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
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| The thing I am most looking forward to today is | 3) | |
| Evening Review | Daily Scorecard | |
| My biggest learning from today is | 1-10 | |
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The time today when I was most connected to my authentic self was ...

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



Health

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Gratitude

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| One word to describe the man I want to be today is | Top 3 Priorities for Today | |
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| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
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| The thing I am most looking forward to today is | 3) | |
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| Evening Review My biggest learning from today is | Daily Score | <u>1-10</u> |
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| My biggest learning from today is | Clarity Mindset | |
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| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
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| The thing I am most looking forward to today is | 3) | |
| Evening Review | Daily Scorecard | |
| My biggest learning from today is | , | 1 – 10 |
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authentic self was ...

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

The time today when I was most connected to my

Health

Habits

Gratitude

Relationships

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

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Ideas for improving these areas

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My top priorities for next week are ...



| One word to describe the man I want to be today is | Top 3 Priorit for Today | |
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| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
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| My biggest learning from today is | 1 | l – 10 |
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The time today when I was most connected to my authentic self was ...

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



Health

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

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



Health

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Gratitude

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| The thing I am most looking forward to today is | 3) | |
| Evening Review | Daily Scorecard | |
| My biggest learning from today is | | 1-10 |
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The time today when I was most connected to my authentic self was ...

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



Health

Habits

Gratitude

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| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
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| The thing I am most looking forward to today is | 3) | |
| Evening Review | Daily Scorecard | |
| My biggest learning from today is | 1-10 | |
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| | Mindset | |

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

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



Health

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| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
| | 2) | |
| The thing I am most looking forward to today is | 3) | |
| Evening Review | Daily Scorecard | |
| My biggest learning from today is | | 1-10 |
| wy biggest learning from today is | Clarity | |
| | Mindset | |

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

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



Health

Habits

Gratitude

| One word to describe the man I want to be today is | Top 3 Prio for Tod | |
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| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
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| The thing I am most looking forward to today is | 3) | |
| Evening Review | Daily Scorecard | |
| My biggest learning from today is | Clarity | |

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

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

Mindset

Health



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 ...

Clarity Mindset Health Relationships Habits

Weekly Scorecard

Ideas for improving these areas

| The | My top priorities for next week are |
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Gratitude

| One word to describe the man I want to be today is | Top 3 Priorities for Today | |
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| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
| | 2) | |
| The thing I am most looking forward to today is | 3) | |
| Evening Review | Daily Scorecard | |
| My biggest learning from today is | 1-10 | |
| wy biggest learning from today is | Clarity | |
| | Mindset | |

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

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



Health

Habits

Gratitude

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| One word to describe the man I want to be today is | Top 3 Prio for Tod | |
| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
| | 2) | |
| The thing I am most looking forward to today is | 3) | |
| Evening Review | Daily Scorecard | |
| My biggest learning from today is | | 1-10 |
| wy biggest learning from today is | Clarity | |
| | Mindset | |

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

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



Health

Habits

Gratitude

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

Top 3 Priorities for Today

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

1)

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

3)

Evening Review

My biggest learning from today is ...

Clarity

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

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

| | 1-10 |
|---------------|------|
| Clarity | |
| Mindset | |
| Health | |
| Relationships | |
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| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
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| Evening Review | Daily Score | ecard |
| My biggest learning from today is | _ | 1 – 10 |
| wy biggest learning from today is | Clarity | |
| | Mindset | |
| Looking back on today, I am most grateful for | Health | |



authentic self was ...

The time today when I was most connected to my

Relationships

Habits

Gratitude

| One word to describe the man I want to be today is | Top 3 Prioritie | <u>es</u> |
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| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
| | 2) | |
| The thing I am most looking forward to today is | 3) | |
| Evening Review | Daily Scorecard | |
| My biggest learning from today is | 1- | - 10 |
| iviy biggest learning from today is | Clarity | |
| | Mindset | |

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

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

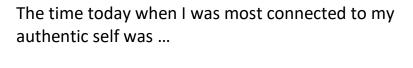


Health

Habits

Gratitude

| One word to describe the man I want to be today is | Top 3 Prio for Tod | |
|---|------------------------|------|
| One challenge I anticipate today is I plan to navigate this challenge is by | 1) | |
| | 2) | |
| The thing I am most looking forward to today is | 3) | |
| Evening Review | Daily Scorecard | |
| My higgoet learning from today is | | 1-10 |
| My biggest learning from today is | Clarity | |
| | Mindset | |



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



Health

Habits

Gratitude

DAY 49 - FINAL REVIEW

Final Scorecard Next steps in these areas 1 - 10Clarity Mindset Health Relationships Habits Gratitude Other



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

