

Daily Checklist

- Do my 10/10 (10 gratitude/10 positive actions)
- Take vitamins
- Exercise
- Check the news
- Review my goals
- Review Vision Board
- Review appointments for the day
- Make a difficult phone call
- Review MLS hotsheet
- Update clients
- Follow-up on a lead
- Check email
- Send a proactive email
- Compliment someone
- Make someone's day
- Send a note card
- Make a healthy food choice
- Contact a family member
- Read a few pages of a self-development book
- Return every phone call
- Do something for myself
- Drink water
- Plan a social event
- Set up tomorrow's day