

MORNING MINDSET ALIGNMENT

Week of:

Today's TOP 3 Goals are:

- 1
- 2
- 3

1. Why am I doing this?

2. One thing I can get excited about today is?

3. If one word could describe the kind of person I want to be today,
that word is_____, and I chose it because_____.

4. Who needs me in my best version today?

5a. A situation that might stress me out or trip me up today could be?

5b. I will deal with this situation by?

6. One action that I can take today to demonstrate excellence and real value is?

7. One thing that I can do today that'll take me a little out of my comfort zone is?

8. If I was a high performance coach, what would I tell my self to remember?

9. The big project I have to keep in mind even if I can't work on it today is?

10. I would know that today was a great success if at the end of the day I did,
said, or felt?