THE 5×1 DAILY

Five actions. One day at a time.

DATE _____ DAY NUMBER _____

01 ■☐☐☐☐

MIND

One thing I will read, learn or reflect on

☐

02 ☐■☐☐☐

FITNESS

One way I will move or recover

☐

03 ☐☐■☐☐

WEALTH

One financial decision I will review

☐

04 ☐☐☐■☐

ENVIRONMENT

One space, routine or connection I will improve

☐

05 ☐☐☐☐■

PURPOSE

One step towards something that matters

☐

COMPLETED TODAY ☐ ☐ ☐ ☐ ☐ OF 5

ONE LINE ON TODAY

Small and ordinary is the point. If a day goes badly, start again tomorrow with one action. The 5×1 is general self-improvement guidance, not professional advice.