

# DAILY PLANNER



**NATE BAILEY**

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# THE MAN IN THE ARENA

It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.

- THEODORE ROOSEVELT



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## MORNING

1



**Move**

2



**Mastery**  
(Study)

3



**Mental**  
**Prep**

4



**Meditate**

5



**Meal**  
**Prep**

## GRATITUDE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## GIVERS GAIN

### BUSINESS

Name \_\_\_\_\_

Action \_\_\_\_\_

### PERSONAL

Name \_\_\_\_\_

Action \_\_\_\_\_

## QUOTE | VERSE

## DAILY CALENDAR

AM

6:00

7:00

8:00

9:00

10:00

11:00

PM

12:00

1:00

2:00

3:00

4:00

5:00

6:00

7:00

8:00

9:00



## TOP PRIORITIES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## DAILY NON-NEGOTIABLE

What \_\_\_\_\_

Why \_\_\_\_\_

How \_\_\_\_\_

When \_\_\_\_\_

## EVENING REFLECTION

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**DID YOU  
COMPLETE DAILY  
NON-NEGOTIABLE?**

☐

YES

☐

NO

What Went Well Today?

What Didn't Work Well Today?

What is Today's Life Lesson?

NOTES | JOURNAL

DAILY PLANNER

## SOCIAL MEDIA POSTS | IDEAS

1.

Platform \_\_\_\_\_

Type Post \_\_\_\_\_

Topic \_\_\_\_\_

2.

Platform \_\_\_\_\_

Type Post \_\_\_\_\_

Topic \_\_\_\_\_

3.

Platform \_\_\_\_\_

Type Post \_\_\_\_\_

Topic \_\_\_\_\_

4.

Platform \_\_\_\_\_

Type Post \_\_\_\_\_

Topic \_\_\_\_\_

5.

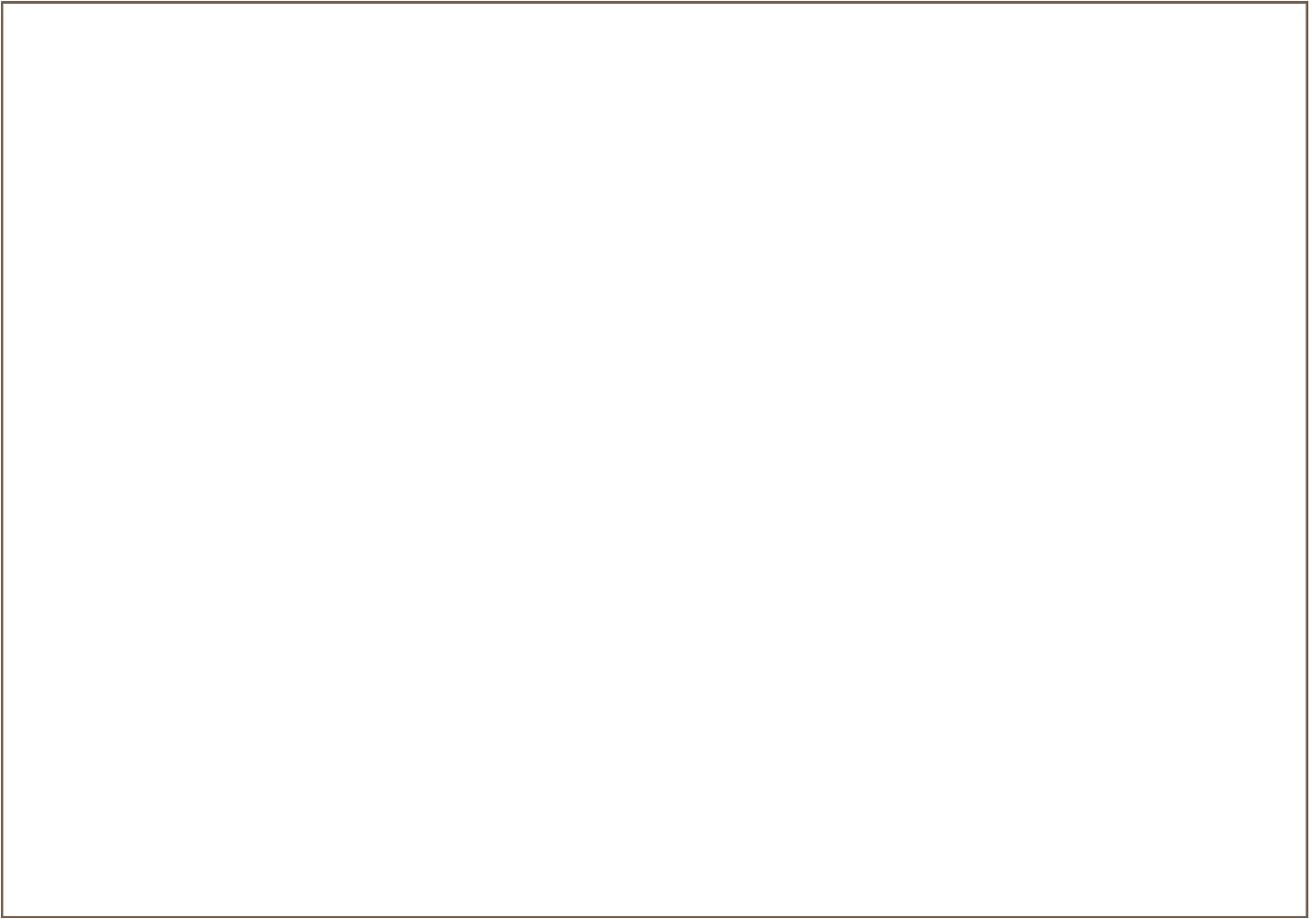
Platform \_\_\_\_\_

Type Post \_\_\_\_\_

Topic \_\_\_\_\_



## CREATE



## TO DO

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

**NAME**

**FIRST**

**LAST**

**DATE**

**MM**

**DD**

**YYYY**

**ACCOUNTABILITY**

How many days did you workout?

**0-2**

**3-5**

**6-7**

How many days did you meditate a minimum of 5 minutes?

**0-2**

**3-5**

**6-7**

How many days did you write out your Daily Plan?

**0-2**

**3-5**

**6-7**

How many Daily Non Negotiables did you complete?

**0-2**

**3-5**

**6-7**

**Total score for the week:**

**0-10**

**11-15**

**16-22**

**23-28**

## WEEKLY REFLECTION:

Based on the scores above, how would you describe your overall state of performance and happiness in the past week? Take some time to reflect and give a detailed response to how the above 4 metrics and the performance inside those impacted your life.

## WEEKLY WINS:

## CLARITY

Big or small what are the victories that you are wanting to declare to yourself and the world?

## WEEKLY LEARNING LESSON:

What are the moments that didn't go as planned, that you are intentionally taking note of and will use as you move forward to help you powerfully in the Big 4 areas of your life?

## WEEKLY WINS:

## 90 DAY GOALS

What is the goal? When is the date to complete the goal?

What is your current reality/progress/metrics to accomplish this goal?

Are you on track (yes or no)?

If not on track, what do you need to do to get back on track?

What is ONE micro goal or commitment that you are making for this week? Why is this micro goal important?

Where are you out of integrity? Where have you made a 'commitment' that you are not really committed to?

# WEEKLY COACHING OPPORTUNITY

*This is your opportunity to discuss a sticking point, get clarity on an obstacle, learn from experiences of fellow CLC members/Coach on something that is pertinent to you, to vent and let out an issue/topic that you have been holding in, etc...*

**Identify:** What is the topic, situation, area you would like to discuss? What is the obstacle if any that you are dealing with? What created or brought up this for you? This does not mean that your life is burning down or that there is a catastrophe. It doesn't mean there is something wrong with you, and could very easily be quite the opposite. Definitely doesn't mean that there is anything wrong with you. This is ALL about growth and moving forward a little bit every single day and week.

**Clarify:** What are the details and specifics that would help me/us give you the clarity or information that you are seeking to help you move powerfully forward?

**Define:** If there was one specific outcome from our conversation what would that be? Why would that be important for you? Said another way, how would you move forward powerfully with that information after the conversation?