

SIX OR SEVEN

Daily Check-In Sheet

Date: _____



Six or Seven

Part 1 — Today's Target

My goal today is to show up at a:

6 7

Not perfect. Not zero. Just in the sweet spot.

Part 2 — Effort Rating

How did I show up today?

Circle one:

1 2 3 4 5 **6** 7 8 9 10

Why did I choose this number?

Part 3 — Energy Check

My energy today was:

- Very Low
- Low
- Moderate
- Good
- Strong

Did I respect my limits?

- Yes
 - Somewhat
 - No
-

Part 4 — One Thing That Moved Me Forward

What is one thing I did that mattered?

Part 5 — Release Perfection

Something I'm choosing to let go of today:

Part 6 — Reset for Tomorrow

Tomorrow, I will aim for a:

- 6
- 7

One small step I will take:

Closing Line (important psychologically)

I showed up. I stayed in the game. That is enough.

Optional Weekly Summary Version

At the end of the week:

Average score: _____

Did I stay consistent?

- Yes
- Mostly
- No

What helped most this week?
