

# 10X CEO DAILY PLANNER



The wise man is he who takes himself to account and prepares for that after death. - Prophet Muhammed (PBUH)

Is what I'm doing worth \$10,000 per hour?! FOCUS.- Shaqir Hussyin

I would rather earn 1% off a 100 people's efforts than 100% of my own efforts - John D. Rockefeller

Failure is simply the opportunity to begin again, this time more intelligently - Henry Ford

DATE:

## One Big Thing

5:00 AM	_____	2:00 PM	_____
5:20 AM	_____	2:20 PM	_____
5:40 AM	_____	2:40 PM	_____
6:00 AM	_____	3:00 PM	_____
6:20 AM	_____	3:20 PM	_____
6:40 AM	_____	3:40 PM	_____
7:00 AM	_____	4:00 PM	_____
7:20 AM	_____	4:20 PM	_____
7:40 AM	_____	4:40 PM	_____
8:00 AM	_____	5:00 PM	_____
8:20 AM	_____	5:20 PM	_____
8:40 AM	_____	5:40 PM	_____
9:00 AM	_____	6:00 PM	_____
9:20 AM	_____	6:20 PM	_____
9:40 AM	_____	6:40 PM	_____
10:00 AM	_____	7:00 PM	_____
10:20 AM	_____	7:20 PM	_____
10:40 AM	_____	7:40 PM	_____
11:00 AM	_____	8:00 PM	_____
11:20 AM	_____	8:20 PM	_____
11:40 AM	_____	8:40 PM	_____
12:00 PM	_____	9:00 PM	_____
12:20 PM	_____	9:20 PM	_____
12:40 PM	_____	9:40 PM	_____
1:00 PM	_____	10:00 PM	_____
1:20 PM	_____	10:20 PM	_____
1:40 PM	_____	10:40 PM	_____
		11:00 PM	_____



### ENERGY!

#### MORNING RITUAL

##### PHYSICAL

- Hydrate
- Eat
- Move

##### MIND

- Meditate or Pray
- Journal or Write
- Read or Learn

#### FOOD AS FUEL

- Breakfast \_\_\_\_\_ : \_\_\_\_\_
- Snack 1 \_\_\_\_\_ : \_\_\_\_\_
- Lunch \_\_\_\_\_ : \_\_\_\_\_
- Snack 2 \_\_\_\_\_ : \_\_\_\_\_
- Dinner \_\_\_\_\_ : \_\_\_\_\_

#### WATER



#### EXERCISE TIME:

\_\_\_\_\_ : \_\_\_\_\_

#### REMEMBER!

Take a 5-10 minute break after every 50 minute work sprint.

<b>My Next 5 Moves</b>	<b>Client Service</b>	<b>Marketing</b>	<b>Sales</b>	<b>Finance</b>	<b>Operations</b>	<b>Tech</b>
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Rate Yourself Out Of 10.

[Prayer/Spirituality | 8 "Glasses" of Water | Work Out 60 Mins]