

HIGH PRODUCTIVITY PLANNER

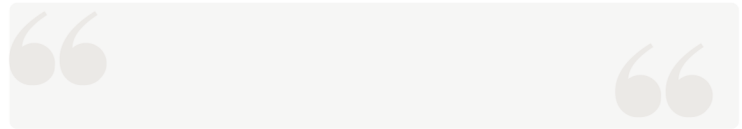
Mo Di Mi Do Fr Sa So Date:

Neurostring 1

- What am I most happy about in my life right now?
What about that makes me happy? How does that make me feel?
- What am I excited about in my life right now?
What about that makes me excited? How does that make me feel?
- What am I most proud about in my life right now?
What about that makes me proud? How does that make me feel?
- What am I most grateful for in my life right now?
What about that makes me grateful? How does that make me feel?
- What am I most joyful about in my life right now?
What about that makes me joyful? How does that make me feel?
- Who do I love? Who loves me?
What about them makes me loving? How does that make me feel?
- What am I most committed to in my life right now?
What about that makes me committed? How does that make me feel?

Neurostring 2

- One thing I can get excited about today is...
- Someone who needs me on my happy path today is...
- A situation that might stress me out or challenge me today could be... and the way my best self would handle that is...
- Someone I could surprise with a note, gift, or sign of appreciation is...
- One action I could take today to demonstrate excellence or real value is...
- One bold action I could take today is...
- If I was my own high performance + happiness coach, I would tell myself this today...
- I would complete this day proud of my efforts if I made sure I...
- The big picture I have to keep in mind today is that I am steadily working towards...



Hydrate



Energize



Move



Brainfood

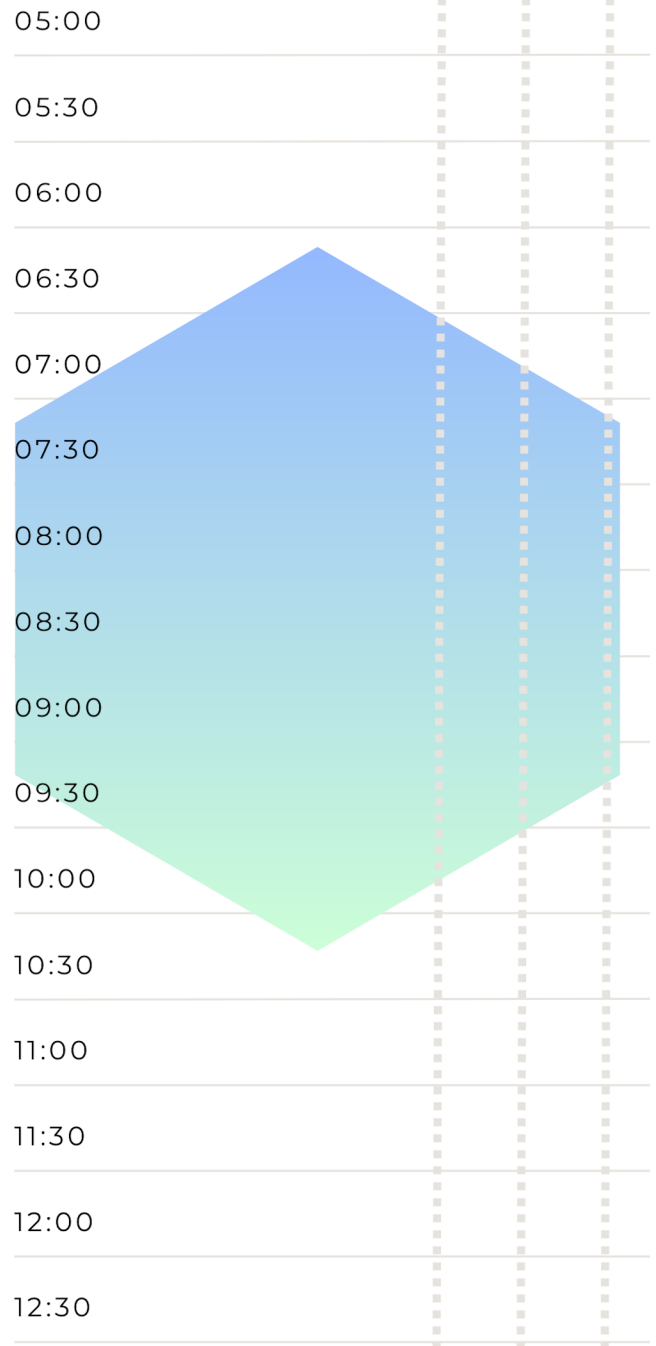
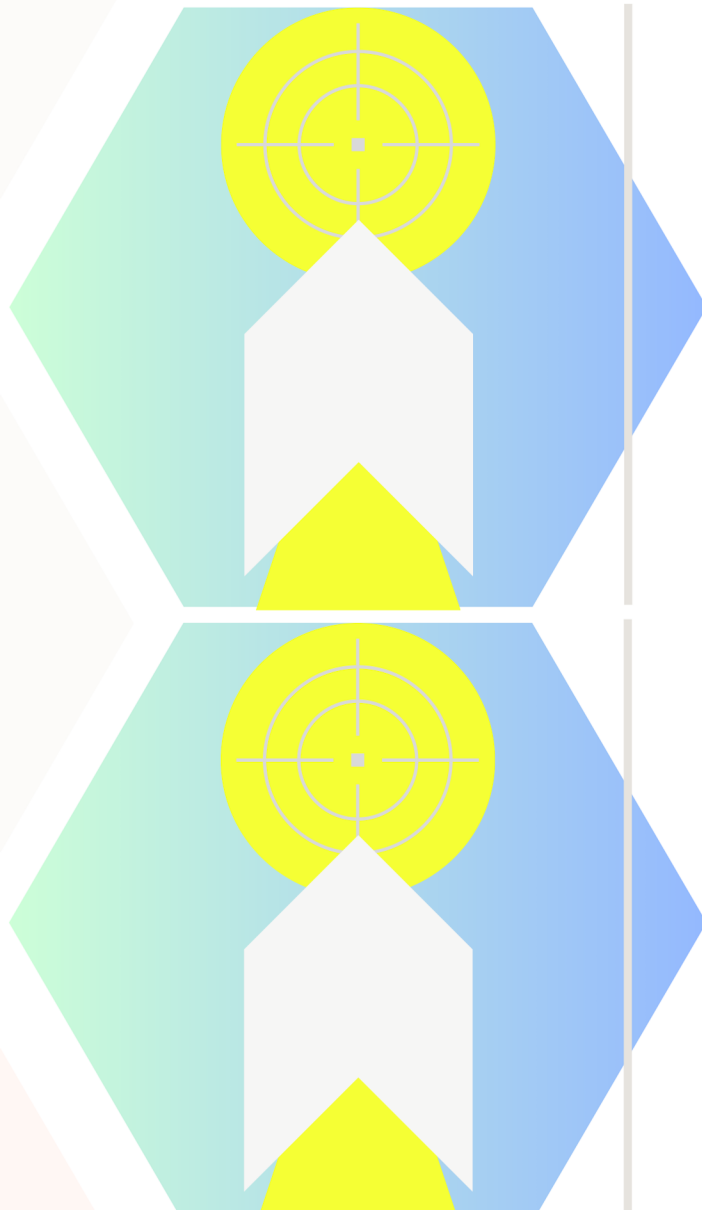


What would make my day extraordinary?

25 - 5 / 1-2-3



Modus Derail Counter



SPRINT 2

13:00

13:30

14:00

14:30

15:00

15:30

16:00

16:30

17:00

17:30

18:00

18:30

19:00

19:30

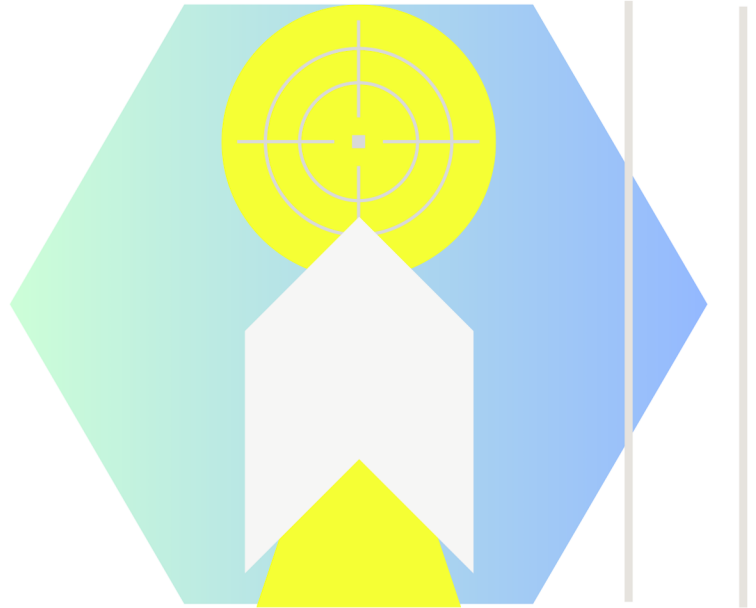
20:00

20:30

21:00

21:30

22:00



Your KPIs

Neurostrang 3

Happy
Moments

Handled
well

Realised/
learned

Coaching

Smarter

Grateful

Looking
forward

