

DAY 01 / START HERE + LIVE THE DAY

BECOMING HER ALLIANCE

TIME _____ PLACE _____ DATE _____

START HERE

Orient yourself before you start moving.



HOW AM I ARRIVING TODAY?		
F	FULL FUEL I'm ready to go	★
G	GOOD FUEL I got this	♥
H	HALF FUEL Holding on	✨
L	LOW FUEL Need extra care	🍃
N	NEAR EMPTY Running on fumes	😞
E	ON EMPTY Do the bare min	😫

I FEEL THIS WAY BECAUSE...

Name the trigger, story, or body cue.

WHAT WOULD HELP?

What would help me move through today well?

WHAT MATTERS MOST TODAY?

Choose the thing that deserves your attention.

WHY DOES IT MATTER?

Connect the task to the reason behind it.

FOCUS TIME BLOCKS

Protect focused pockets for what matters most.

OTHER THOUGHTS

Park anything your brain keeps carrying.

TODAY, I WILL STOP WORKING AT:

Set it before the day gets busy. Protecting it preserves energy for the life waiting after work.



DAILY SELF-LEADERSHIP

BECOMING HER ALLIANCE

LIVE THE DAY

Notice it. Record it. Tend to what comes next.

GRATEFUL

Name what is good without forcing positivity.

WIN

Count evidence that you showed up for yourself.

CARE

Notice one way you will tend to yourself today.

NOTES / WHAT I'M NOTICING

Capture patterns, conversations, reminders, and what the day is teaching you.

AFTER WORK - CLIENTS + LIFE

Give the second half of your day a home - clients, errands, home, rest, life.

5:30	
6:00	
6:30	
7:00	
7:30	
8:00	
8:30	
9:00	
9:30	

*Clarity gets quieter once
you stop arguing with
what you noticed.*





DAILY SELF-LEADERSHIP

A proportionate reset.

A smaller next step can still be a responsible one.

What happened - facts I can name

What capacity is actually available

What needs attention first

One next move / one thing that can wait

Carry it forward.

The day can end while a thought remains unfinished.

Keep - what helped

Change - what needs a different approach

Release - what does not need more of me

Return - what I will revisit and when

Follow the thought.

Write the question in the center. Draw, connect, or leave space.

