

# DBF DAY PLANNING GUIDE

## DBF OS Edition (V3) — 7-Step Framework

*Today is where the OS pays off. Run it.*

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### QUICK CONTEXT

This guide is for your **DBF Day Planning Session**.

<b>Frequency</b>	Daily — morning OR night before, pick one and stick
<b>Duration</b>	5–10 minutes
<b>Purpose</b>	Pick Today's 2. Block them. Execute.
<b>Output</b>	A clean run at the day with both outcomes blocked in time

You are NOT setting new Weekly Wins here. You are picking **Today's 2** — the two outcomes that advance the Weekly Wins you set at your Sunday CEO Review.

The Pyramid: Year → Quarter → Week → **Day**. This is where the entire OS converts into evidence.

*Plans are theories. Action is proof.*

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## STEP 1 — DREAM (60-Second Visualization)

*Time check: 60 seconds*

Read

- Word of the DBF Year: \_\_\_\_\_

- Mantra of the DBF Year: \_\_\_\_\_

## Visualize

- 30 seconds — picture today going right
- 30 seconds — remember what you're building toward

*"You don't rise to the level of your goals. You fall to the level of your environment."*

This 60 seconds is part of your environment. Don't skip it.

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## STEP 2 — GOAL (Pick Today's 2)

*Time check: ~2 min*

Look at your 3 Weekly Wins.


Pick the **2 outcomes for today** that, if done, would visibly advance a Win.

### Today's #1

- **Outcome:** \_\_\_\_\_
- Advances Weekly Win: \_\_\_\_\_
- Number target (*if applicable*): \_\_\_\_\_

### Today's #2

- **Outcome:** \_\_\_\_\_
- Advances Weekly Win: \_\_\_\_\_
- Number target: \_\_\_\_\_

 **CARRY-FORWARD RULE:** If yesterday's #1 didn't get done and still matters, it's today's #1. No exceptions.

**Today's 2 are NOT a to-do list.** They are outcomes — the two things that, if you accomplished nothing else today, would still meaningfully advance the Big 3.

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## STEP 3 — PLAN (Block Today)

*Time check: ~2 min*

Pull up your calendar. Look at today.

### Today's #1

- Time block confirmed for: \_\_\_\_\_
- Location: \_\_\_\_\_

### Today's #2

- Time block confirmed for: \_\_\_\_\_
- Location: \_\_\_\_\_

### Conflicts

Any meetings or calls that could disrupt the blocks?

- \_\_\_\_\_

**Move the meeting, not the Big 3 work.**

### Default Blocks Active Today

- ☐ Creator block
  - ☐ Operator block
  - ☐ Accelerator block
  - ☐ Dominator block
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## STEP 4 — SYSTEM (Auto-Runs)

*Time check: Embedded in the day — no planning required*

The system runs you today.

- ☐ Default time blocks fire on autopilot
- ☐ Morning routine on schedule
- ☐ Evening shutdown ritual on schedule
- ☐ Tracking gets updated end of day
- ☐ Phone in another room during deep work (*or whatever your environment rule is*)

*"Build the system strong and it pulls you forward when motivation runs out."*

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## STEP 5 — HABIT (Tick As You Go)

Today's habit checklist:

- ☐ Habit 1: \_\_\_\_\_
- ☐ Habit 2: \_\_\_\_\_
- ☐ Habit 3: \_\_\_\_\_
- ☐ Habit 4: \_\_\_\_\_
- ☐ Habit 5: \_\_\_\_\_

Tick as completed throughout the day. Any not done by end of day — schedule for tomorrow or note as missed.

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## STEP 6 — ACTION (Execute)

*Time check: This is the day*

Today's #1 — FIRST physical step

The actual move you'll make first. Concrete.

- \_\_\_\_\_

Today's #2 — FIRST physical step

- \_\_\_\_\_

Now

- Stop talking
- Start moving
- Phone away
- Block defended

The OS doesn't reward people who plan. **It rewards people who execute.**

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## STEP 7 — COMMIT (Daily Declaration)

*Time check: 30 seconds*

Read your Word: \_\_\_\_\_

Read your Mantra: \_\_\_\_\_

Look at Today's 2.

**TODAY IS HELL YES.**

Walk into the day.

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## END OF DAY REVIEW

*Time check: ~5 min, before bed*

Today's 2 — Did They Get Done?

**Today's #1:** \_\_\_\_\_

- ☐ Done — celebrate. What worked? \_\_\_\_\_
- ☐ Not done — what blocked it? \_\_\_\_\_
- Carry to tomorrow? Y / N

**Today's #2:** \_\_\_\_\_

- ☐ Done — celebrate. What worked? \_\_\_\_\_
- ☐ Not done — what blocked it? \_\_\_\_\_
- Carry to tomorrow? Y / N

Habits Hit Today

- Habit 1: ☐ Hit ☐ Miss
- Habit 2: ☐ Hit ☐ Miss
- Habit 3: ☐ Hit ☐ Miss
- Habit 4: ☐ Hit ☐ Miss
- Habit 5: ☐ Hit ☐ Miss

One Thing Today Taught Me

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Tomorrow's Setup (*do this here OR in tomorrow's morning session*)

- Tomorrow's #1: \_\_\_\_\_
  - Tomorrow's #2: \_\_\_\_\_
  - First moves: \_\_\_\_\_
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## DAILY MANTRA

**What gets done today determines what's possible tomorrow.**

The members who run the loop daily become the members who can't be stopped.

*Dream it. Write it. Build it. Live it.*

— Brody Fausett & the DBF Mastermind [DREAMBIGFAST.COM](http://DREAMBIGFAST.COM)