DREAMING. BIGGER. FASTER.

DAY SNAPSHOT

DBF Day Snapshot

📅 Date: _____

📝 Personal Mission Statement Read? Y ☐ N ☐ 📝 Personal Affirmations Read? Y ☐ N ☐

🎯 Gratitude 3:

#1. _____ #2. _____ #3. _____

🎯 Top 10 for the Day

First 3 = DBF Year Big 3

1. DBF YEAR BIG 3 GOAL # 1: _____

✅ Circled as Priority? Y ☐ N ☐

✅ Scheduled work time: _____

2. DBF YEAR BIG 3 GOAL # 2: _____

✅ Circled as Priority? Y ☐ N ☐

✅ Scheduled work time: _____

3. DBF YEAR BIG 3 GOAL # 3: _____

✅ Circled as Priority? Y ☐ N ☐

✅ Scheduled work time: _____

4. _____ **7.** _____

5. _____ **8.** _____

6. _____ **9.** _____

10. _____

📊 Daily Habit Tracker

Habit	Completed? ✓ or X

📅 Personal and Relationship Priorities:

- ✅ " Me time " scheduled? Y ☐ N ☐
- ✅ Quality time with family? Y ☐ N ☐
- ✅ Quality time with friends? Y ☐ N ☐
- ✅ No phone zones? Y ☐ N ☐

🚀 End-of-Day Reflection:

✅ Did I accomplish my Big 3? Y ☐ N ☐

✅ What worked well today? _____

✅ What can I improve tomorrow? _____

✅ Am I on track with my DBF Week and Quarter Plan? Y ☐ N ☐

📝 *Daily Commitment Statement:*

✅ *Ex: " I commit to showing up with intensity, focus, and discipline today. My actions will reflect the person I am becoming. " Signed x* _____

_____

_____

_____

X _____

🚀 *Final Daily Checklist*

✅ *Review your DBF Week Snapshot and Quarter Snapshot.*
✅ *Follow your time-blocked schedule and execute with focus.*
✅ *Track your habits and adjust as needed.*
✅ *Reflect at the end of the day and plan for tomorrow.*
✅ *Recommit to your mission every single day.*

*Your **dream life isn't built in a day, but it is built day by day.** Each morning, take 5-10 minutes to complete your **DBF Day Snapshot, set your focus, and move forward with intention. Now go execute.** 🔥*