

The Scan

Each evening, stop at every door and mark it: above your floor, holding it, or below. Holding is a win.

date _____

Run it each evening. Above the floor, holding it, or below - in each room? Holding is a win.

Then fill the circle in the one room you're pushing right now: your spotlight.

BUSINESS

☐ SPOTLIGHT

☐ above

☐ hold

☐ below

HEALTH

☐ SPOTLIGHT

☐ above

☐ hold

☐ below

RELATIONSHIPS

☐ SPOTLIGHT

☐ above

☐ hold

☐ below

GROWTH

☐ SPOTLIGHT

☐ above

☐ hold

☐ below