



## Nailed It: The Day Actually Went My Way

***Don't forget how this felt. Wins leave clues. Let's lock in what worked so you can steal the playbook again.***

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Date: \_\_\_\_\_ Weather: \_\_\_\_\_ Attitude: A.M. \_\_\_\_\_ P.M. \_\_\_\_\_

1. What was the best part of today, and why did it land so well? \_\_\_\_\_

\_\_\_\_\_

2. Did I do something different this morning that helped set the tone?  Yes  No

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3. Did I speak up or show up stronger today?  Yes  No  Explain

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4. Who or what made things easier today, and how did I respond? \_\_\_\_\_

\_\_\_\_\_

5. Was I fully present, or just not distracted by the usual noise?  Yes  No

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6. What belief felt true and solid today?

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7. Did I give myself credit, or rush right past the win?  Yes  No  Explain

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8. Was there a moment I handled better than I would've last month?  Yes  No

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9. What helped me stay grounded when things went right? \_\_\_\_\_

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10. What part of this day can I repeat, copy, or rebuild into tomorrow? \_\_\_\_\_

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