

DAILY NON-NEGOTIABLES FOR EXCELLENCE



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Morning Power Block (First 90 Minutes)

Start Time	Activity	Purpose	Status ✓
	Mindful Minutes	Center mind, set intentions for the day (meditation/breathing)	<input type="checkbox"/>
	Physical Prime	Energize body (exercise/yoga/stretching)	<input type="checkbox"/>
	Knowledge Injection	Feed mind with wisdom (reading/audiobook)	<input type="checkbox"/>
	Journaling	Brain dump, clarity, gratitude practice	<input type="checkbox"/>
	Visualization	See your success, mentally rehearse key tasks	<input type="checkbox"/>

Peak Performance Block

Start Time	Activity	Purpose	Status ✓
	Deep Work Sprint	Most important task of the day (90-min focused block)	<input type="checkbox"/>
	Movement Break	Reset body and mind (5-min every hour)	<input type="checkbox"/>
	Hydration Check	Maintain energy (2L water target)	<input type="checkbox"/>
	Nutrition Timer	Fuel body properly (planned meals/snacks)	<input type="checkbox"/>
	Recovery Pause	Midday reset (power nap/meditation)	<input type="checkbox"/>

Growth & Connection Block

Start Time	Activity	Purpose	Status ✓
	Skill Building	Deliberate practice in key area	<input type="checkbox"/>
	Creative Expression	Art/writing/music/innovation time	<input type="checkbox"/>
	Meaningful Connection	Deep conversation/mentoring/family time	<input type="checkbox"/>
	Acts of Service	Help others/add value/teach	<input type="checkbox"/>
	Network Building	Strengthen one key relationship	<input type="checkbox"/>

Evening Excellence Block

Start Time	Activity	Purpose	Status ✓
	Nature Connection	Outdoor time/earthing/fresh air	<input type="checkbox"/>
	Digital Sunset	No screens 2 hours before bed	<input type="checkbox"/>
	Evening Review	Reflect, journal, plan tomorrow	<input type="checkbox"/>
	Environment Reset	Organize space for tomorrow	<input type="checkbox"/>
	Sleep Ritual	Optimal rest preparation	<input type="checkbox"/>

Tracking Metrics

Rate each area (1-10):

- Mental Clarity: ____
- Physical Energy: ____
- Emotional Balance: ____
- Spiritual Connection: ____
- Relationship Quality: ____
- Production Value: ____

Power Tips for Implementation:

START SMALL

- Don't try all at once
- Pick 3 most impactful for week 1
- Build gradually

SUCCESS STACK

- Link new habits to existing ones
- Create trigger-action pairs
- Use environment design

MEASUREMENT MATTERS

- Track completion daily
- Note energy levels
- Record insights

ADAPT & ADJUST

- Review weekly
- Modify timing as needed
- Stay flexible while consistent

Commitment Contract:

I commit to honouring these non-negotiables because:

1. _____
2. _____
3. _____

My Power Three for This Week:

1. _____
2. _____
3. _____

Scientific Benefits:

- Morning meditation reduces cortisol by 20%
- Exercise before noon increases productivity by 23%
- Deep work blocks can yield 500% more output
- Nature exposure improves creativity by 50%
- Digital sunset improves sleep quality by 42%
- Regular journaling reduces stress by 25%

Remember:

"What you do every day matters more than what you do once in a while."

Weekly Calibration:

- What worked best?
- What needs adjustment?
- Where did I resist?
- What supported success?

Sign & Date: _____