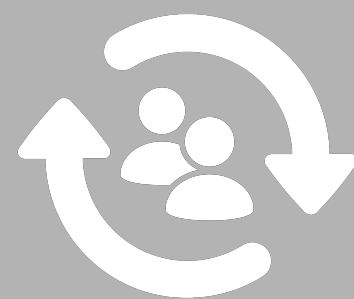


A green highlighter pen is positioned on the right side of the image, pointing towards a checklist on the left. The checklist consists of three square boxes, each containing a checkmark. The top two boxes have faint, light green checkmarks, while the bottom box has a thick, vibrant green checkmark. The background is a light gray gradient.

Profitable Habits





MENTAL HEALTH

Am I focused on the gap or the gain?



EMOTIONAL HEALTH

Am I making up stories or talking about feelings?



PHYSICAL HEALTH

Am I in a state of shock? Do I need to move my body or connect with the breath?



SPIRITUAL HEALTH

Am I clear on my purpose outside of self?



Profitable Habits

Daily							Weekly				Monthly
Posted value							Case study social proofs (1-3)				Share new lead magnet
M	T	W	T	F	S	S	W1	W2	W3	W4	
Aspiring stories							Group coaching				New campaign
M	T	W	T	F	S	S	W1	W2	W3	W4	
Show and tell							Weekly Content Machine				Roundtable reactivation
M	T	W	T	F	S	S	W1	W2	W3	W4	
Messaged new followers							Learn				Triple R
M	T	W	T	F	S	S	W1	W2	W3	W4	
Responded to comments							Team meetings / Self reflection				Metrics
M	T	W	T	F	S	S	W1	W2	W3	W4	



