

# B5 ACTION PLAN

Pick **one** goal per category. Check a box each day you held the standard.  
Use the notes to add wins and challenges overcome, to stay the course. *Journal deeper.*

*"Installed standards applied consistently over time."*

## BODY

Your energy sets results: train, fuel, hydrate, rest.

GOAL \_\_\_\_\_

30-DAY COMPLIANCE

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

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## BRAIN

Grow your mind daily: read, listen, think, visualize.

GOAL \_\_\_\_\_

30-DAY COMPLIANCE

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

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## BUCKS

Grow income: build relationships, create value, attract clients.

GOAL \_\_\_\_\_

30-DAY COMPLIANCE

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
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## BONDS

Deepen relationships: presence, appreciation, connection.

GOAL \_\_\_\_\_

30-DAY COMPLIANCE

1	2	3	4	5
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## BEING

Daily alignment: stillness, prayer, gratitude, wins.

GOAL \_\_\_\_\_

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