



HUSTLER BLUEPRINT

7 DAY GUIDED PLANNER





HUSTLER BLUEPRINT

DATE / /
S M T W T F S

TOP GOAL | What do you want to accomplish?

CHECK-IN

TODAY'S MOOD



ENERGY LEVEL

1 2 3 4 5 6 7 8 9 10

TARGETS | Top priorities for the day.

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PERFECT DAY

- 8 HOURS OF SLEEP
- MAKE YOUR BED
- DRINK 32 OZ WATER
- READ (10 MINUTES)
- JOURNAL (5-10 MINUTES)
- MEDITATE (5-10 MINUTES)
- WORKOUT (30 MINUTES)
- LISTEN TO FAVORITE SONG
- RELAX AND REFLECT
- FAMILY TIME
- MAKE MONEY

GRATITUDE | What are you grateful for?

1

2

3

AFFIRMATION | Encourage Yourself.

CHALLENGE

- LEARN SOMETHING
- CONNECT WITH SOMEONE



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