



My Daily Game Plan



HOW TO USE THIS PLAN

HOUSEOFCLAI.COM

Creating a daily strategy positions you to win!
Give order to your day by segmenting your activities. Consider your natural rhythm, and if you have children, be sure to include their flow of learning and play. Identify the needs of your family as a whole. Similar to the breakdown of a football game, address your day in quarters. Take a look at the things in your schedule that need to be set, then assign times to your tasks and goals.

Take a moment at the end of the day to evaluate and reflect:

1. What went well?
2. What can be done differently tomorrow?
3. Is there something to be added or eliminated?

1ST QUARTER

FOCUS/GOAL:
EARLY MORNING TIME | TO

<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____

2ND QUARTER

FOCUS/GOAL:
MID MORNING TIME | TO

<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____

HALF TIME

FOCUS/GOAL:
AFTERNOON TIME | TO

<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____

3RD QUARTER

FOCUS/GOAL:
LATE AFTERNOON TIME | TO

<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____

4TH QUARTER

FOCUS/GOAL:
EVENING TIME | TO

<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____

POST GAME

FOCUS/GOAL:
NIGHT TIME | TO

<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____
<input type="radio"/> _____	<input type="radio"/> _____