4AM HUSTLER™■

2026 Daily & Weekly Embodiment Checklist

DAILY NON-NEGOTIABLES – MINDSET & SELF-MASTERY

- ■ Took control of my mind
- ■ Paused instead of reacting
- ■ Corrected weak thoughts
- ■ Journaled to sharpen focus
- ■ Showed self-respect through action

BODY, HEALTH & ENERGY

- ■ Ate to fuel performance
- ■ Drank enough water
- ■ Moved my body
- ■ Did something my future body will thank me for
- ■ Rested with intention

BUSINESS & INCOME

- ■ Completed at least one revenue task
- ■ Showed up like an owner
- ■ Improved a system or skill
- ■ Executed without motivation
- ■ Made future-aligned decisions

WRITING & CREATION

- ■ Wrote something
- ■ Worked on book/music/message
- ■ Created without permission
- ■ Left proof of execution

ENVIRONMENT & ORDER

- ■ Improved my environment
- ■ Cleaned, fixed, or organized
- ■ Refused to live in chaos

WEEKLY EXECUTION CHECKLIST

REVIEW & RESET

- ■ Reviewed the week honestly
- ■ Owned wins and misses
- ■ Adjusted strategy
- ■ Recommitted to mission
- ■ Planned the next week

HEALTH & PERFORMANCE

- ■ Trained at least 3x
- ■ Ate cleaner than reckless
- ■ Tracked energy and mood
- ■ Rested strategically

BUSINESS PROGRESS

- ■ Moved each business forward
- ■ Created or published something
- ■ Worked on income systems
- ■ Tracked numbers

BOOK & CREATIVE LEGACY

- ■ Added pages or notes
- ■ Refined existing work
- ■ Protected deep work time

HOME RESTORATION

- ■ Completed a home project
- ■ Cleaned or repaired something
- ■ Documented progress
- ■ Remembered why this matters

4AM HUSTLER™■ OATH

I do the work before I feel ready.
I move when others sleep.
I execute when others hesitate.
I am disciplined. I am relentless. I am embodied.