4AM HUSTLER™ DAILY EXECUTION CHECKLIST

MINDSET & DISCIPLINE

☐ Controlled my thoughts ☐ Paused before reacting ☐ Journaled ☐ Acted with self-respect

BODY, HEALTH & ENERGY

☐ Ate to fuel performance ☐ Drank water ☐ Moved my body ☐ Rested intentionally

BUSINESS & INCOME

☐ Completed 1 revenue task ☐ Showed up like an owner ☐ Improved a system ☐ Executed anyway

CREATION & LEGACY

☐ Wrote or created ☐ Added to book/music ☐ Left proof of effort

ENVIRONMENT & ORDER

☐ Improved environment ☐ Cleaned/fixed something ☐ Refused chaos

I move before I feel ready. Discipline is who I am. I execute—daily.

Daily Score: ☐ 0–4 ☐ 5–8 ☐ 9–12

Notes / Wins: _____

4AM HUSTLER™ WEEKLY RESET & DOMINATION

WEEKLY REVIEW

☐ Reviewed honestly ☐ Owned wins ☐ Owned misses ☐ Adjusted strategy

HEALTH & PERFORMANCE

☐ Moved 3x ☐ Ate clean majority ☐ Tracked energy ☐ Rested strategically

BUSINESS PROGRESS

☐ Moved all businesses forward ☐ Shipped something ☐ Built systems ☐ Tracked numbers

BOOK & CREATIVE WORK

☐ Added pages ☐ Refined past work ☐ Protected deep work

HOME RESTORATION

☐ Advanced one project ☐ Cleaned/repaired ☐ Documented progress

NEXT WEEK TOP 3 PRIORITIES:

1. _____
2. _____
3. _____