4AM HUSTLER™ MORNING EXECUTION PAGE

IDENTITY CHECK (Who am I today?)

_____

TOP 3 NON■NEGOTIABLE TASKS

1. _____
2. _____
3. _____

BODY & ENERGY COMMITMENT

■ Move my body ■ Fuel clean ■ Hydrate ■ Breathe

MINDSET LOCK-IN

What kind of man do I refuse to be today?

_____

4AM HUSTLER™ NIGHT SHUTDOWN PAGE

DAY REVIEW (No lies)

What did I execute well today?

_____

What did I avoid or delay?

_____

DISCIPLINE SCORE (0–10)

Score: _____ Why?

_____

LESSON LOCKED IN

_____

TOMORROW’S FIRST MOVE

_____