



1% Better Today — Daily Sheet

Morning intention → midday correction → evening reflection

Date:

One improvement (not five)

• Morning Intention (3–5 min): What's the one win that makes today a success?

• Evening Reflection (5–10 min): What worked? What got in the way? What will I try tomorrow?

Tiny win I'm proud of

Score (1–10)

Kept focus on what's in my control
Moved the needle by 1%

Tomorrow's first move

Easy Budget Guide

“Ready to Micro-Tune Tomorrow?” Start with one improvement. Not five. One.

Scan: Daily Optimization Habits — Compounding Small Wins

