OPTIMIZE COACH

CARPE DIEM BETA

INCREMENTALLY OPTIMIZE YOUR MASTERPIECE DAY

AM-MEDITATION

MIN

ENERGY

0 1 10 100 1K 10K | 25

SHUTDOWN COMPLETE

DIGITAL SUNSET

BED TIME

LOG WHAT YOU DID AND WHEN YOU DID IT...

WHEN	WHAT
AM	
PM	

DATE

	DOMINATE	CELEBRATE
ENERGY — IDENTITY	#1	
ENERGY — VIRTUES		
WORK — IDENTITY	#1	
WORK — VIRTUES		
LOVE — IDENTITY	#1	
LOVE — VIRTUES		

"WHAT ONE CAN BE, ONE MUST BE."
A. MASLOW

OPTIMIZE.ME/COACH