

Work Day Awareness® (WDA) - Daily Start Card™

Start your workday *on purpose*.

Take two minutes to align focus, remove friction, and Be Energy Aware™.

1 Must-Move Outcome

If I could only move one thing forward today, it would be _____.

Write the single result that matters most before anything else steals your attention.

2 Two Enablers

These two actions will move it forward:

1. _____
2. _____

Small, specific steps build momentum and confidence.

3 Constraint to Remove

What could block this outcome—or drain my energy—today?

Identify it early so you can clear or contain it.

4 Energy Check-In

Circle one: **Grounded / Focused / Scattered / Drained / Charged**

What do I need to shift to show up at my best?

Being energy aware starts with noticing, not judging.

5 End-of-Day Reflection (3 minutes)

Did I move what mattered? What helped? What hindered?

Celebrate progress, note patterns, and reset for tomorrow.