改善 Kaizen 30

30 DAYS · 1 GOAL · TICK 5 BOXES EVERY NIGHT

MY GOAL FOR THE END OF THE YEAR _____

WHY IT MATTERS _____

THE DAILY MINIMUM TO ACHIEVE MY GOAL _____ *the smallest version I do even on a bad day*

DAY	DATE	DAILY MINIMUM	FROG FIRST	NO PHONE, FIRST HOUR	FOCUS BLOCK	TOMORROW PLANNED	SCORE
1	Wed Dec 2	☐	☐	☐	☐	☐	____ /10
2	Thu Dec 3	☐	☐	☐	☐	☐	____ /10
3	Fri Dec 4	☐	☐	☐	☐	☐	____ /10
4	Sat Dec 5	☐	☐	☐	☐	☐	____ /10
5	Sun Dec 6	☐	☐	☐	☐	☐	____ /10
6	Mon Dec 7	☐	☐	☐	☐	☐	____ /10
7	Tue Dec 8	☐	☐	☐	☐	☐	____ /10

Week 1 WHAT WORKED _____ WHAT BLOCKED ME _____

8	Wed Dec 9	☐	☐	☐	☐	☐	____ /10
9	Thu Dec 10	☐	☐	☐	☐	☐	____ /10
10	Fri Dec 11	☐	☐	☐	☐	☐	____ /10
11	Sat Dec 12	☐	☐	☐	☐	☐	____ /10
12	Sun Dec 13	☐	☐	☐	☐	☐	____ /10
13	Mon Dec 14	☐	☐	☐	☐	☐	____ /10
14	Tue Dec 15	☐	☐	☐	☐	☐	____ /10

Week 2 WHAT WORKED _____ WHAT BLOCKED ME _____

15	Wed Dec 16	☐	☐	☐	☐	☐	____ /10
16	Thu Dec 17	☐	☐	☐	☐	☐	____ /10
17	Fri Dec 18	☐	☐	☐	☐	☐	____ /10
18	Sat Dec 19	☐	☐	☐	☐	☐	____ /10
19	Sun Dec 20	☐	☐	☐	☐	☐	____ /10
20	Mon Dec 21	☐	☐	☐	☐	☐	____ /10
21	Tue Dec 22	☐	☐	☐	☐	☐	____ /10

Week 3 WHAT WORKED _____ WHAT BLOCKED ME _____

22	Wed Dec 23	☐	☐	☐	☐	☐	____ /10
23	Thu Dec 24	☐	☐	☐	☐	☐	____ /10
24	Fri Dec 25	☐	☐	☐	☐	☐	____ /10
25	Sat Dec 26	☐	☐	☐	☐	☐	____ /10
26	Sun Dec 27	☐	☐	☐	☐	☐	____ /10
27	Mon Dec 28	☐	☐	☐	☐	☐	____ /10
28	Tue Dec 29	☐	☐	☐	☐	☐	____ /10
29	Wed Dec 30	☐	☐	☐	☐	☐	____ /10
30	Thu Dec 31	☐	☐	☐	☐	☐	____ /10

Week 4 WHAT WORKED _____ WHAT BLOCKED ME _____

Miss a day, it happens. Never miss two.