The Owner's Morning and Evening

The Owner's Daily Page

Date: _____

Morning 1. One name: someone I owe, and what I owe them

Morning 2. The people briefing: who may frustrate me today, and how I will respond

Morning 3. One Control Ledger line: the one thing fully mine to move today

Morning 4. One passage I read slowly today

Evening 5. What did I do badly today?

Evening 6. What did I do well today?

Evening 7. What will I do differently tomorrow?

If the day was heavy: one Pain Ledger line (the fact, and what I added)