



Business of Me™ Daily Habits Protocol™

Align Your Day Before the World Does

- Choose 3-5 daily habits that reflect your core values and support the person you are becoming.
- Complete your morning and evening routines each day, checking off each habit as you finish it.
- If you miss a habit, don't quit. Reflect on what got in the way, adjust your plan, and begin again tomorrow.
- Review your progress at the end of the week to identify patterns, celebrate consistency, and strengthen habits that move your values toward lasting identity.

Success is shaped by small choices repeated consistently. This protocol helps align daily actions with personal values, strengthen executive functioning, and create visible Proof of Work.

Morning Executive Alignment (5-10 min)	Evening Reflection (5-10 min)
• Review your 5-7 core values • Identify three Proof of Work actions • Review your phone calendar • Organize your workspace • Set phone reminders • Remove distractions Today's Executive Decision (Proof of Work): _____	• Check completed actions • Reflect on executive function skills used • Identify today's obstacles • Plan one adjustment for tomorrow • Identity Reflection: Today's actions provide evidence that I am becoming someone who... _____

Executive Function Focus

- ☐ Task Initiation
- ☐ Impulse Control
- ☐ Focus
- ☐ Time Management
- ☐ Working Memory
- ☐ Flexibility
- ☐ Self-Regulation (Self Check)
- ☐ Emotional Self-Control
- ☐ Task Completion
- ☐ Organization

How will I intentionally practice this skill(s) today?

Below is your pathway to lasting change. Each step builds on the one before it. Trust the process, practice consistently, and let today's actions become tomorrow's identity.

CEO Insight:

Every intentional action is evidence that your identity is under construction.

CEO Initiative™ Identity Development Pathway

Growth happens one intentional step at a time.

Values → **Executive Function Skills** → Daily Habits Protocol → **Intentional Actions** → Proof of Work → Reflection → **Habits** → Character → **Identity** → Life Outcomes