

THE VALUE SYSTEM  
DAILY MANIFEST

DATE \_\_\_\_\_

DAY

## SCHEDULE



MACRO (GOALS)




90 DAYS

[illegible]

### MEZZO (MILESTONES)

30 DAYS

## MICRO [TASKS]

TODAY

1.	
2.	
3.	

READING

\_\_\_\_\_

✓ GOOD HABITS

✗ BAD HABITS

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

## REFLECTION

✓	✗
✓	✗
✓	✗