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

Start your workday *on purpose*.
Take two minutes to align focus, remove friction, and Be Energy Aware™.

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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.

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2 Two Enablers

These two actions will move it forward:

1. _____
2. _____

Small, specific steps build momentum and confidence.

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3 Constraint to Remove

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

Identify it early so you can clear or contain it.

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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.

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5 End-of-Day Reflection (3 minutes)

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

Celebrate progress, note patterns, and reset for tomorrow.

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