



Here are the questions Marshall has asked a friend to help him answer every day. You can use these questions as a guide to make your own list of daily questions.

The process is incredibly simple. At the end of each day, enlist a friend to ask you these questions. Each question has to be answered with a yes, no, or a number. Record the results on an Excel spreadsheet and at the end of the week get an assessment of how well you are sticking to your objectives.

Return the favor by doing the same for your friend.

### Daily Questions

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1. How happy were you today? (1-10)
  2. How meaningful was your day? (1-10)
  3. How well did you plan and execute your day? (1-10)
  4. How many minutes did you spend on meditation or positive thinking?
  5. How many minutes did you spend on things that you cannot control?
  6. How many minutes did you spend watching TV or 'internet surfing'?
  7. How many angry or destructive comments did you make?
  8. How many times did you unnecessarily try to 'prove you were right'?
  9. How many of your coaching clients are up to date?
  10. How many hours did you sleep?
  11. How many minutes did you spend walking?
  12. How many sit-ups did you do?
  13. How many push-ups did you do?
  14. Did you do your strength exercises?
  15. Did you take your vitamin – aspirin?
  16. How much do you weigh today?
  17. Are you current on your physical, dental check-ups?
  18. Did you pick up after yourself (for Lyda)?
  19. Did you say something or do something nice for Lyda?
  20. For Kelly?
  21. For Bryan?
  22. How many high-fat or sweet foods did you eat?
  23. How many drinks did you have?
  24. How many times did you floss?
  25. How many minutes did you spend writing?
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