

STREETWISE™

DAILY ANCHORS

Discipline is self respect in action. **Take the step.**

STREETWISE™

Daily anchors are the minimum behaviours that keep you grounded and on course.

They stabilise your days when motivation drops.

Make a note of your daily anchors and add your own where needed.

CONSIDER:

BODY

- Wake up at a consistent time
- Move, train, stretch, walk
- Nutritious food
- Drink 3L water
- Protect my sleep window
- _____
- _____

MIND

- Stillness or breathwork
- Read 15 minutes
- Limit screen time
- Learn one new thing
- Write one honest note
- _____
- _____

ENVIRONMENT

- Honour boundaries
- Protect time
- Speak to someone new
- Reduce one distraction
- Be intentional of my surroundings
- _____
- _____

ACTION

- One disciplined action
- An act of giving
- A moment of joy
- One uncomfortable task
- One follow through, I'm delaying
- _____
- _____