

The OneDay Code[©]

A DAILY SYSTEM FOR LIVING FULLY

Strategic Outputs

choose 4, finish 3 = win

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Freedom Inputs

pick 2 or 3 daily inputs

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Movement or Stillness

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Connection (chat, call, laugh)

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Freedom Moment (fun, play, pause)

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Curiosity or Growth (read, journal, reflect)

Evening Reflection

What made me feel alive?

One micro-adjustment for tomorrow?

Fulfillment isn't a future. It's a pattern I choose daily.