



ELEVATE48

DAILY POWER PLANNER

Five minutes. One page. Total clarity.

Plan your day before it plans you.

ADAPT • OVERCOME • ELEVATE

HOW TO USE THIS PLANNER

Your Daily Execution System

01 DATE & ENERGY

Write the date and rate your energy 1–10 before anything else.

02 TOP 3

Three outcomes that make today a win. Do these before anything else.

03 TIME BLOCKS

Assign AM / MID / PM / EVE to specific work. Protect peak hours.

04 AVOID LIST

Name two distractions before they happen.

05 WIN OF THE DAY

Close every day with one win — no matter how small.

DATE

ENERGY 1-10

WORD / FOCUS

TOP 3 NON-NEGOTIABLES

01

02

03

TIME BLOCKS

AM

Morning

MID

Midday

PM

Afternoon

EVE

Evening

AVOID TODAY

WIN OF THE DAY

NOTES & DEEP WORK

DAY COMPLETE

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ENERGY 1-10

WORD / FOCUS

TOP 3 NON-NEGOTIABLES

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03

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