

THE DAILY MAP

A NOW Year™ Method tool by Mike Vardy

M MODE	A ACTION	P PROJECT	S SCHEDULE
Low-energy	Engage on social media	Outreach	_____
Writing	Blog post	Website	AM (#1)
Learning	Begin web marketing course	Business Development	_____
Review	Journal about this week's progress	Business Development	_____
Low-energy	Map out next week's schedule	Administration	_____
Creative	Brainstorm ideas for new project	Business Development	AM (#2)
Low-energy	Purge inbox	Administration	_____
High-energy	Exercise	Health	AM (#3)