DAYVOW

Master the To-Do List

by Chael Jarrett

Authored by Chael Jarrett · Book I of the Dayvow Series

Dayvow

Day 01

Week 1

Name what you want.

The goal is not the wish; the goal is the wish written down.

☐ **Three wins today:**

Evening reflection:

Day 02

Week 1

Name the trade.

Every yes in your life is a no somewhere else. Write the no down first.

☐ **Three wins today:**

Evening reflection:

Day 03

Pick the date.

A date without a deadline is a daydream with a bookmark in it.

☐ **Three wins today:**

Evening reflection:

Day 04

Week 1

Write step one.

Plans are made of paper, not vibes. Six steps is a fine first draft.

☐ **Three wins today:**

Evening reflection:

Day 05

Week 1

Write step two.

Two steps out is where the fear wakes up. The fear is not a sign you are wrong.

☐ **Three wins today:**

Evening reflection:

Day 06

Read aloud, morning.

The first read is when the brain starts to believe it. Read the whole statement.

☐ **Three wins today:**

Evening reflection:

Day 07

Read aloud, night.

The last read is when the day agrees to it. The night audit is honest.

☐ **Three wins today:**

Evening reflection:

Day 08

Week 2

Track, do not judge.

The page absorbs the miss. The recount is what absorbs the lie.

☐ **Three wins today:**

Evening reflection:

Day 09

Week 2

One small task.

Small is not the enemy. Small is the only door most of us fit through.

☐ **Three wins today:**

Evening reflection:

Day 10

Week 2

Phone on the table.

The phone does not want you to do this work. Put it where the work is.

☐ **Three wins today:**

Evening reflection:

Day 11

Week 2

Two small tasks.

Two ticks on Monday, one on Tuesday. The year is built on the second tick.

☐ **Three wins today:**

Evening reflection:

Day 12

Week 2

Adjust the plan.

A plan is not a promise. A plan is a draft allowed to be wrong.

- [ ] **Three wins today:**

Evening reflection:

Day 13

Week 2

Read aloud, morning.

By now you know which line catches your breath. Read that line twice.

☐ **Three wins today:**

Evening reflection:

Day 14

Week 2

Read aloud, night.

The night audit is the most honest minute of your day. Let it speak.

☐ **Three wins today:**

Evening reflection:

Day 15

Week 3

The miss as lesson.

What you skip is not what you lack. It is what you are afraid of.

- [ ] **Three wins today:**

Evening reflection:

Day 16

One bold task.

Bold is not loud. Bold is what you almost did not write down.

☐ **Three wins today:**

Evening reflection:

Day 17

Read the supplies list.

Six items. Each one is a small obstacle you removed from the job in advance.

☐ **Three wins today:**

Evening reflection:

Day 18

Phone off, hour on.

The hour is not yours yet. You are earning it, page by page.

☐ **Three wins today:**

Evening reflection:

Day 19

Read aloud to one.

A read aloud to one witness is a vow twice spoken, and twice remembered.

☐ **Three wins today:**

Evening reflection:

Day 20

Week 3

Write the twenty-first day.

Day 21 is not a finish line. Day 21 is the day the shape becomes yours.

☐ **Three wins today:**

Evening reflection:

Day 21

Week 3

Cross the line.

You did not finish a book. You started a year. Book II begins on Monday.

☐ **Three wins today:**

Evening reflection: