

The "No Days Off" Daily Guide

Each day brings a new opportunity to get better - better at business, better at our relationships, better in health,...better at life! That's what the "No Days Off" movement is all about. The objective is to spend focused time each day improving in some small way. This daily exercise may take a minute, or it may take an hour. You get to choose.

Remember, the common denominator of success – the secret of success of every man and woman who has ever been successful – lies in the fact that he or she formed the habit of doing things that failures do not like to do. Successful people are purposeful around getting better every day. They take NO DAYS OFF!

The following questions, influenced by the book "The One Thing", serve as a great guide in determining what to get better at today.

Relationships

How can I improve my relationship with spouse/significant other today?
What can I do to improve my child's school performance?
How can I show appreciation for parents?
What can I do to make my family stronger?
Who can I study, what can I read, and what can I learn about improving relationships?

Personal Life

What's the one thing I can do today to improve my skill at _____?
What is one thing I've always wanted to learn and/or experience?
How can I better maximize my personal time?
Who can I study, what can I read, and what can I learn about enhancing my personal life?

Physical Health

Have I set health related goals and, if not, what should they be?
What is one thing I can do today to begin the process of improving my health?
What kind of exercise am I interested in and how do I start today?
What can I do to relieve stress?
How can I improve my sleep, starting with tonight?
Who can I study, what can I read, and what can I learn about improving my health?

Finances

What can I study today that has the potential to lead to an increase in my net worth?
What step can I take today to eliminate my credit card debt?
What book, magazine, or article can I read today that will help me better understand money and investing?
Who can I study, what can I read, and what can I learn about improving my financial IQ?

Business

What can I do today to make my team more competitive?
How can we make our product or service the best in the industry? What step can I take today to begin to put this into action?
How do we become more profitable, and how can I influence this now?
How can I improve the experience of our customers?

Job

What steps can I take today to make certain that I hit my daily/weekly/monthly/annual goals?
What skills can I improve, and where should I focus my efforts first?
What can I do today to help my team succeed?
What is the one thing I can do right now to further my career?

Spiritual

How can I help others today?
What can I do today to improve my relationship with God?
Who can I study, what can I read, and what can I learn to better understand/define my spirituality?