

# { The Lineup™ }

Date:

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M T W TH F SA SU

## DAILY PLAYERS ▶ Role Details

DAILY PLAYER	NOTES
<input type="checkbox"/> First Thought Headline to start your day	
<input type="checkbox"/> Quiet Time—AM Moments just for your thoughts	
<input type="checkbox"/> Read Time Tackle your reading list	
<input type="checkbox"/> The Big Moment What matters most in the day	
<input type="checkbox"/> Daily Scan Looking ahead and behind	
<input type="checkbox"/> Quiet Time—PM Moments just for your thoughts	
<input type="checkbox"/> Final Thought Headline that wraps up your day	

**Daily Players** are needed to compete every day.

Their planned presence and performance are essential to consistently defeat the noise day to day.

## SPECIALTY PLAYERS ▶ Role Details

SPECIALTY PLAYER	NOTES
<input type="checkbox"/> Presence of Mind Thinking about your thinking	
<input type="checkbox"/> Rhythm of Repetition Using words & phrases to focus	
<input type="checkbox"/> Mute More Often Say no to devices & distractions	
<input type="checkbox"/> Take 5 Focus on one thing for 5 minutes	
<input type="checkbox"/> Present Listening The quality of your listening	
<input type="checkbox"/> Brevity Communicating clearly & concisely	
<input type="checkbox"/> Other Alternate ways to manage noise	

**Specialty Players** give you options to adjust your ongoing game plan.

Their presence gives you unique ways to focus on winning moment to moment, day to day.

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