

# GUMPTIONWORK

## Checklist Template

You can do this better online:  
[www.gumptionade.com/checklist-template](http://www.gumptionade.com/checklist-template)

### Group 1

My Self-Improvement Disciplines (*every day*)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Group 2

My Work-Life Disciplines (*every weekday*)

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Group 3

My Personal-Life Disciplines  
(*weekdays or every day, as applicable*)

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_