



# THE SUCCESS CHECKLIST - [HABIT SHARE APP](#)

## ☀️ **AM ROUTINE** ☀️ *If Bold and Capps, It's A Place Holder*

Make Bed  
Cain MPD Podcast  
One Word Focus \_\_\_\_  
AM Supplements  
Sweat Before Screens  
Cold Exposure

## ⚾️ **SPORT/WORK ROUTINE** ⚾️

Mental Imagery  
Practice Routine

## 😊 **PM ROUTINE** 😊

Lay Out Clothes  
Plan Tomorrow Tonight  
No Phone In Bed  
PM Supplements

## 👤 **FAMILY ROUTINE** 👤

Talk to Parents  
Date Night

## 🌟 **OTHER** 🌟

Clear To Neutral