

# abacus

*...my daily checklist*

[am] I am grateful for →

1 →

2 →

3 →

exercise thirty minutes today →

meditate and/or pray five minutes today →

perform a random act of kindness today →

[pm] what went well today →

what wish do you have for tomorrow →

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## *...my daily checklist*

The Daily Checklist is an exercise to remind us that a leader must be their own master. Self-mastery involves emotional regulation, cognitive clarity and a positive inner dialogue. The Daily Checklist encourages self-mastery as a conscious part of effective leadership. →

Research in social cognition and neuroleadership shows that many internal self-processes can become the focus of conscious attention. The net effect serves to move leadership out of the realm of natural talent and toward the category of a skill that can be taught, practiced and mastered. →