## WEEKLY RHYTHM REGISTER

"The rhythm of daily action aligned with your goals creates the momentum that separates dreamers from super-achievers." —Darren Hardy

Behavior/Action	Mon	Tues	Weds	Thurs	Fri	Sat	Sun	Achieved	Goal	Net
		l	I.	l.	I.	1	TOTAL			

Commitment is doing the thing you said you were going to do long after the mood you said it in has left you.

	Date Range:
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