



APPENDIX 1: TALLY ALL DAILY ACTIVITIES (TADA!) SHEET

Companion material for *The Quirkz Handbook of Self-Improvement for People Who Are Already Pretty Okay*, by Aaron Rath. More copies available at www.quirkz.com/downloads/Handbook1/

- 1: Commitment: _____
- 2: Muscle: _____
- 3: Muscle: _____, Mind: _____
- 4: Muscle: _____, Mind: _____, Sense: _____
- 5: Muscle: _____, Mind: _____, Connect: _____
- 6: Muscle: _____, Mind: _____, Prune: _____
- 7: Muscle: _____, Mind: _____, Rest: _____
- 8: Muscle: _____, Mind: _____, Read: _____
- 9: Muscle: _____, Mind: _____, Detox: _____
- 10: Commit: _____, Muscle: _____, Mind: _____, Sense: _____,
Connect: _____, Prune: _____, Rest: _____, Read: _____, Detox: _____
- 11: Muscle: _____, Mind: _____, Secret: _____
- 12: Muscle: _____, Mind: _____, Stretch: _____
- 13: Muscle: _____, Mind: _____, Create: _____
- 14: Muscle: _____, Mind: _____, Learn: _____
- 15: Muscle: _____, Mind: _____, Clean: _____
- 16: Muscle: _____, Mind: _____, Reprogram: _____
- 17: Muscle: _____, Mind: _____, Sven: _____
- 18: Muscle: _____, Mind: _____, Love: _____
- 19: Muscle: _____, Mind: _____, Finance: _____
- 20: Muscle: _____, Mind: _____, Laugh: _____
- 21: Muscle: _____, Mind: _____, Walk: _____
- 22: Muscle: _____, Mind: _____, Mulligan 1: _____,
Mulligan 2: _____
- 23: Muscle: _____, Mind: _____, Quest: _____
- 24: Muscle: _____, Mind: _____, Plan: _____
- 25: Muscle: _____, Mind: _____, Celebrate! _____