

Find your Dawnwall

Personal Accountability Tracker



 **RED X - DON'T BREAK THE CHAIN**

 **FOOD LOG**

 **GRATITUDE JOURNALING AND PROMPTS**

Finding your Dawnwall

WHAT IS THE DAWN WALL

I came across this quaint story in 2015 and it has for some strange reason stayed with me since. As a story of hope and grit.

The Dawn Wall – or the Wall of the Early Morning Light as it was originally known – is a 5.14d, 32 pitch climb on the Southeast face of El Capitan in Yosemite National Park.

In an unbelievable story of perseverance, free climber Tommy Caldwell and climbing partner Kevin Jorgeson attempt to scale the impossible 3000ft Dawn Wall of El Capitan.

Are you ready to find your dawnwall



Morning and Evening Routine Template



Morning Routine

Recommended Routine

5.20 am

05:30 am

06:00 am

06:30 am

07:00 am

07:30 am

10.30 - 12.30 PM

My Custom Routine

Activity

Wake Up

Meditate

Journalling

Read

Workout

Dawnwall Goal

Deep Work Slot

Don't Forget!

- Work in Pomodoros - 25 min work/5 min break
- Disable ALL notifications on your laptop and mobile.
- Schedule time to learn something new each day for 1 Pomodoro
- Call your mom/dad - cherish the time you have with them

Night Routine

- Brain Dump of Open tasks for next day's plan
- 2 minute Gratitude Journal
- Phone off by 10PM



Red X - Don't break the Chain Template

Week # Dates:

Morning Routine	Time	Mon	Tues	Wed	Thur	Fri	Sat
Wake up at	4.50 AM						
Meditate	5.00 AM						
Journal	5.45 AM						
Reading	6.00 AM						
Workout	6.30 AM						
DawnWall	7 AM						
Deep Work	10.30 – 12.30						

Evening Routine	Time	Mon	Tues	Wed	Thur	Fri	Sat
Brain Dump for next Day	7.00 PM/ 9.30 PM						
Phone off	10 PM						
Gratitude Journal	9.40 PM						

Chunk-the-Day Template

Week # Dates:



Weekly	Mon	Tues	Wed	Thur	Fri	Sat
5AM						
6AM						
7AM						
8AM						
9AM						
10 AM						
11 AM						
12 PM						
1 PM						
2 PM						
3 PM						
4PM						
5 PM						
6PM						
7 PM						
8 PM						
9 PM						
10 PM						

FOOD LOG

Breakfast

Lunch

Dinner

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



01 What are the three things you are grateful for today?

02 Say/Write a thank you note to someone

03 What would make today great?

TEMPLATE

KEEP A DAILY GRATITUDE JOURNAL.

30 Journal Prompts

What makes you feel powerful?

2. What makes you feel calm?

3. Make a list of 30 things that make you smile.

4. How do you encourage yourself when you're trying something new?

5. Write about the first time you stepped foot in another country

6. How do you shift your mindset if it isn't working for you?

7. How do you recharge?

8. What would you do if you loved yourself unconditionally? How can you act on these things whether you do or don't?

9. Using 10 words, describe yourself.

10. What helps you slow down and feel more present?

11. What can you do today that you didn't think you could do a year ago?

12. What's a goal you want to accomplish and why?

13. How do you put yourself first without feeling guilty?

14. Let your mind run free and have some fun writing your bucket list!

15. Make a list of the people in your life who genuinely believe in and support you. Explore why their support means so much to you.

16. How do you trust yourself to make big decisions?

17. How do you set boundaries and avoid absorbing someone else's emotions and stress?

18. How do you savor the time you get alone?

19. Make a list of the people in your life who genuinely support you, and who you can genuinely trust.

20. How do you share your feelings with the people who care about you?

21. Write a list of questions to which you urgently need answers

22. How do you advocate for yourself?

23. The two moments I'll never forget in my life are... Describe them in great detail, and what makes them so unforgettable.

24. How do you ask for help or support when you need it?

25. How do you practice self-love and self-kindness?

26. How do you calm your nerves in a difficult situation?

27. Reflect on what you were doing this time last year

28. How do you embrace your authentic self, even if it looks different from what others expect?

29. How do you set and protect your boundaries?

30. What new opportunities have come out of challenges you've faced?

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