



**TINA HYLAND**  
HIGH-PERFORMANCE COACH

## THE 100K+ CHECKLIST

### INSTRUCTIONS:

Each of the checklist items below is a short actionable step that corresponds with 1 of the 7 keys to showing up like a BOSS! After reading the guide, schedule AND complete one task below every day for the next 7 days.

\_\_ DAY 1

Shift your energy before diving into work

\_\_ DAY 2

Try something new (and be willing to fail)

\_\_ DAY 3

Journal about why you became an entrepreneur

\_\_ DAY 4

Make 1 quick, powerful decision and act upon it right away

\_\_ DAY 5

Constrain your learning to 1 coach, course, program, system, etc.

\_\_ DAY 6

Spend 10 minutes journaling before consuming anything

\_\_ DAY 7

Schedule a 30-minute task and follow through 100%