

OkDork by
NOAH KAGAN

Personal Development Day Checklist



3 Steps to Better Checklists

After I walked out of Tony Robbins' seminar, I decided to have my own "Personal Development Day." Here's what I did. Use this as inspiration for your own development day.

Step 1: Get ready for the day

- ☐ Drink coffee

Step 2: Start the day

- ☐ Go on a 3-hour hike to discuss personal and professional growth with a friend
- ☐ 90-minute personal development discussion (record on video)

Step 3: Take a break

- ☐ Eat a healthy lunch

Step 4: Continue the day

- ☐ Review some of Tony's other materials
- ☐ Read a book
- ☐ 60-minute discussion with friends (be vulnerable, share biggest struggles)

Step 5: Finish the day

- ☐ Get a massage
- ☐ Sushi dinner

Get more strategies for personal growth

My new podcast has some of my BEST material. Action-packed advice, step-by-step strategies, and vulnerable discussions you won't find anywhere else. Just click the button below to get started.

[Check out the podcast](#)