



PR4LIFE

THE DAILY 5

A-L-I-G-N

Five daily habits for intentional living

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How to Use the Daily 5

Morning (3 minutes): Answer A-L-I-G in a notebook or Notes app.

Night (2 minutes): Answer N (and add one sentence: what you learned or noticed).

Optional: Share one answer with someone for accountability. That's it. No performance. No perfection. Just alignment, daily.

A ANCHOR

Connect to something greater.

Whatever that is for you, it might be faith, prayer, nature, or a higher power.

Either way, the point is the same: start grounded, not scattered.

Ask:

- What am I anchored to today?
- What truth do I need to remember before I start reacting?

Do (60 seconds):

One honest minute of prayer, gratitude, scripture, or stillness.





L LOCK IN

Do what matters today.

Not five priorities. Not the whole list. One thing that actually moves your life forward.

This is where “busy” gets exposed. Because if you can’t name what matters, you’ll spend the day proving you’re productive.

Ask:

- What matters most today?
- What am I saying “no” to so I can protect the yes?

Do (60 seconds):

Write your ONE priority. Then name the distraction you’re not feeding today.

I IN MOTION

Be physical.

Your body isn't an accessory. It's the vehicle. And when your body is neglected, your energy, mood, and discipline usually follow.

Ask:

- How am I moving today?
- What's the smallest physical win I can complete?

Do (10 minutes counts):

Walk. Stretch. Lift. Sweat. Move on purpose.





G GET STILL

Find time to breathe.

If your mind is loud, your life gets sloppy. You don't need a retreat. You need a reset.

Ask:

- What am I carrying that I need to release?
- What would "calm" look like for the next 60 seconds?

Do (60 seconds):

Slow breath. No phone. No multitasking. Just reset.

N NEIGHBOR-FIRST

Be of service.

Purpose is personal, but it's never private. This is how you live outward, even on hard days.

Ask:

- Who can I encourage today?
- What can I give, do, or say that leaves someone better?

Do (simple):

Send the text. Make the call. Offer the help. Share the resource. Show up

Night check (30 seconds):

Who did I serve today and what did I learn or notice?

