

PRESSURE FILTER JOURNAL

Not everything deserves your energy. This journal cuts through the noise so you put your best into what actually moves the needle.

WHAT ACTUALLY NEEDS YOUR ATTENTION TODAY

If it doesn't move you forward or protect what matters, question it.

The thing that genuinely needs me today:

Why it can't wait:

The one action that makes the biggest dent:

WHAT'S JUST NOISE

Name it. Calling it out takes away its power.

The distraction I keep feeding:

What it's costing me in real terms:

What I'm choosing to do instead:

WHAT PROVES YOUR LIFE IS BIGGER THAN THIS MOMENT

Zoom out. Your long game is still intact.

Evidence that I'm building something real:

The person I'm doing this for:

What future me will be glad I did today:

Growth lives on the other side of action.