

The Daily Standard

One useful day starts with a promise you can keep.

A note from Robert

You do not need to fix your whole life today. Choose one responsibility that matters, make room for it, and decide how you will respond if the day changes. A standard earns your trust when you can use it on an ordinary Tuesday.



What this card helps you do

Choose one visible promise

Name an action someone could see, not a trait you wish you had.

Protect a time and a boundary

Give the promise a place on your calendar and remove one likely distraction.

Close the day honestly

Record what happened and choose the next useful action without rewriting the day.

Use it in three minutes

Read the worked example on page 2. Fill in the card on page 3 before the day gets busy. Return to it tonight. Page 4 is a clean extra copy you can print whenever you need a reset.

A day in practice

A completed example shows how specific and modest the standard can be.

Responsibility

I told my son I would give him my full attention tonight.

Visible promise

At 7:30 p.m., I will put my phone away and spend 20 minutes hearing about his day.

Likely pressure and response

A late work message may arrive. Unless it is urgent, I will answer after our conversation.

Minimum version

If I get home late, I will still put the phone away and give him ten focused minutes.

Evening record

I started at 7:45 and gave him 20 minutes. The delayed start was real; the promise was kept.

What to take from this

The promise is specific enough to act on, and the minimum version protects it when the schedule slips. The evening note records the truth without calling a late start either a perfect day or a failure.

Your Daily Standard

Fill this in once today. Keep the promise observable and realistic.

1. What responsibility deserves my attention today?

2. What one action will make that responsibility visible?

3. When will I do it, and what boundary will protect it?

4. If the day changes, what is the smallest honest version?

5. Tonight: what happened, and what is my next useful step?

Keep the record honest. A missed action is information for tomorrow, not a verdict on who you are.

Your Daily Standard

Print this page for another day, or use it as a fresh start.

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