

# The Daily Pulse

The Foundation Rhythm That  
Makes Everything Else Work

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15 minutes in the morning. 5 minutes in the evening.  
The simplest rhythm with the deepest impact.

This guide gives you a ready-to-use structure for  
your first 7 days of the Daily Pulse — plus a  
journaling template to make it stick.

**THE FOUNDATION**

# Why the Daily Pulse Changes Everything

Every other leadership rhythm — the Weekly Wave, the Quarterly Pivot, the Annual Sabbath — depends on this one. The Daily Pulse is the foundation. Without it, you start each day reactive instead of intentional. You lead from anxiety instead of identity. And over time, the gap between who you are and how you lead grows wider.

The principle is simple: **presence before performance**. Before you produce anything, before you respond to anyone, before you carry anyone else's burden — you ground yourself. You show up to your own life before you show up to everyone else's.

*The Daily Pulse is not about productivity. It's about identity. You lead differently when you've been still before you've been busy.*

— **The Leadership Heartbeat**

This is not a long devotional. It is not a complicated system. It is two brief moments — morning and evening — that anchor your entire day. Leaders who practise the Daily Pulse consistently report better decision-making, less reactivity, deeper patience with their teams, and the ability to sustain effort without burning out.

The total time investment is 20 minutes a day. The return is a completely different quality of leadership.

**THE STRUCTURE**

## Two Moments That Anchor Your Day

The Daily Pulse has two parts. One in the morning to set the day. One in the evening to close it. Both are short. Both are non-negotiable.

### **Morning Pulse** (15 minutes — before your day begins)

- Stillness — 2 minutes of silence. No phone. Just breathe.
- Scripture or reflection — 5 minutes. A short reading that grounds you.
- Prayer or intention-setting — 5 minutes. What matters most today?
- One priority — 3 minutes. Write down the ONE thing that would make today count.

**Evening Pulse** *(5 minutes — before you sleep)*

- Review — What happened today? One win. One challenge.
- Release — What do I need to let go of before tomorrow?
- Gratitude — One thing I'm thankful for from today.

**That's it.** 15 minutes in the morning, 5 in the evening. If you can do this for 7 days straight, you will feel the difference in how you lead. If you can do it for 30 days, it will become part of who you are.

**WATCH OUT**

## Five Traps That Kill the Daily Pulse

**1 Checking your phone first**

The moment you open your phone, you've handed your attention to someone else's agenda. The Daily Pulse must come before the inbox. No exceptions.

**2 Making it too long**

This is not a 90-minute devotional. If your morning pulse takes an hour, you'll quit in a week. Keep it to 15 minutes. Consistency beats intensity.

**3 Skipping when busy**

The days you feel too busy for the Daily Pulse are the days you need it most. "I don't have time" is the first warning sign that your rhythm is breaking down.

**4 Making it about productivity**

The Daily Pulse is not a planning session. It's a grounding practice. You're not optimising your to-do list — you're anchoring your identity.

**5 Going solo indefinitely**

Tell someone you're starting the Daily Pulse. A spouse, a friend, a colleague. Accountability turns good intentions into lasting habits.

## YOUR 7-DAY DAILY PULSE JOURNAL

# Week One — Building the Foundation

Use this journal for your first 7 days. Each day has space for your morning and evening pulse. Keep it simple — just a few words per line.

**Day 1**

**Morning — What is my one priority for today?**

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**Evening — One win. One thing to release. One gratitude.**

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**Day 2**

**Morning — What is my one priority for today?**

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**Evening — One win. One thing to release. One gratitude.**

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**Day 3**

**Morning — What is my one priority for today?**

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**Evening — One win. One thing to release. One gratitude.**

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**YOUR 7-DAY DAILY PULSE JOURNAL (CONTINUED)**

**Day 4**

**Morning — What is my one priority for today?**  
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**Evening — One win. One thing to release. One gratitude.**  
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**Day 5**

**Morning — What is my one priority for today?**  
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**Evening — One win. One thing to release. One gratitude.**  
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**Day 6**

**Morning — What is my one priority for today?**  
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**Evening — One win. One thing to release. One gratitude.**  
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**Day 7**

**Morning — What is my one priority for today?**  
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**Evening — One win. One thing to release. One gratitude.**  
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**AFTER 7 DAYS**

# What to Do Next

If you completed 7 days of the Daily Pulse, you've already done something most leaders never do: you stopped before you started. You led from presence instead of pressure. Take a moment to notice the difference.

**After 7 days, what shifted in how I led this week?**

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**What made the Daily Pulse hardest to protect?**

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**Am I ready to commit to 30 days? If not, what needs to change?**

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*Presence before performance. Every single day. That's the rhythm that makes all the other rhythms possible.*

— Lead from the Heart

### GO DEEPER WITH LEAD FROM THE HEART

The Daily Pulse is just the first rhythm. The Leadership Heartbeat has four — and they build on each other. Here's how to continue:

**Free Assessment** Take our 5-minute diagnostic and get a personalised growth path recommendation.

**Leadership Circle** Monthly community for leaders building all four rhythms together with accountability.

**Vision Quest Retreat** 4-day immersive experience to establish your rhythms and clarify your vision.

### CONNECT WITH US

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