

FORM 08: Spiritual Business Daily Tracker

From Riz & Oriah:

When we started full-time spiritual work, we learned this quickly: consistency creates miracles.

You're not running a typical business—you're running a frequency. And frequencies respond to attention, not just strategy. This daily tracker is here to keep your business alive, nurtured, and tuned to your highest purpose.

Don't see this as a chore. See it as your daily devotion. Your spiritual discipline. Your temple upkeep.

◆ DAILY TRACKER TEMPLATE ◆

Date: _____

Energy Level (1–10): _____

Spiritual Alignment:

- ☐ Meditation
- ☐ Grounding Practice
- ☐ Breathwork
- ☐ Channeling
- ☐ Nature Time
- ☐ Journaling

TOP 3 BUSINESS PRIORITIES TODAY

1. _____
 2. _____
 3. _____
-

CLIENT / COMMUNITY TOUCHPOINTS

- ☐ 1:1 Session
- ☐ Responded to Messages / DMs
- ☐ Email Sent
- ☐ Social Post / Story

- ☐ Testimonial Request
 - ☐ Circle or Group Held
-

CREATION & CONTENT

- ☐ Filmed a video or reel
- ☐ Recorded a podcast
- ☐ Wrote an email / blog
- ☐ Worked on course / product
- ☐ Spoke on IG/YouTube Live

Topic / Theme: _____

MONEY FLOW

- ☐ Received payment / donation
- ☐ Sent invoice
- ☐ Blessed finances
- ☐ Raised rate or honored value
- ☐ Gave in aligned generosity

Total Income Today: \$_____

Total Expenses Today: \$_____

END OF DAY CHECK-IN

Most aligned moment today:

What needs refinement?

Message from Spirit (pull a card or write an intuitive note):

INSTRUCTOR NOTE TO STUDENTS:

Use this daily, weekly, or whenever you feel scattered. It helps you stay grounded in your power while staying connected to Spirit. You're not just running a brand—you're running sacred energy.