

# THE 4 QUARTERS SYSTEM

Champions give themselves 4 chances per day to win, not just 1

*"Most high-achievers aren't failing at SUCCESS... They're failing at RECOVERY. They're allowing one bad quarter to infect the next three."*

## STEP 1: DIVIDE YOUR DAY

Split your 16 waking hours into 4-hour quarters:

<b>Q1</b> 6am-10am	<b>Q2</b> 10am-2pm
<b>Q3</b> 2pm-6pm	<b>Q4</b> 6pm-10pm

## STEP 2: SCORE EACH QUARTER

- Rate performance 0-10 at quarter end
- Score ONLY applies to that quarter
- Next quarter = clean slate

## STEP 3: THE RESET RITUAL

Take 5 minutes between quarters:

- Deep breath
- Glass of water
- Quick walk
- Your choice

## STEP 4: TRACK YOUR QUARTERS

Use the chart below to rate each quarter daily for one week.

**GOAL: Hit 7+ in at least 3 quarters daily**

## YOUR 7-DAY QUARTER TRACKER

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
Q1	___/10	___/10	___/10	___/10	___/10	___/10	___/10
Q2	___/10	___/10	___/10	___/10	___/10	___/10	___/10
Q3	___/10	___/10	___/10	___/10	___/10	___/10	___/10
Q4	___/10	___/10	___/10	___/10	___/10	___/10	___/10

**Remember: Champions aren't perfect every quarter... they're just *RELENTLESS* every quarter.**

Your potential is 4X greater than your current performance.

#BetterEveryDay • #BeTheException  
© 2025 Darren Hardy LLC • DarrenDaily.com