The Dashboard of My Life

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2017
Business Dashboard
Victoria Falls, Zimbabwe, Africa

Pyongyang, North Korea, Asia

Pisa, Italy, Europe

Melbourne, Australia, Oceania

Columbo, Sri Lanka
Cheating with my fitbit
Sleep
Steps
Meditation
Productivity
32 Variables

- Gym:
  - Location
  - Steps
  - Hours Sleep
  - Miles Ran
  - Half Marathons Ran
  - HIIT

- Yoga:
  - Pushups
  - Meditation
  - Box Breathing
  - Italian
  - Pomodores
  - Rescue Time

- Alcohol:
  - Food
  - Calories
  - Eating out
  - Fasting
  - Water
  - Weight

- Meat Eaten:
  - % Carbs
  - % Fat
  - % Protein
  - % Fat
  - Volunteering
  - Do something scary

- Pages Read:
  - Something social
  - Gratitude Journal

www.daviddesouza.co.uk
Adventure | Entrepreneurship | Giving Back
Lessons Learnt
Lesson 1
Location, Location, Location
Lesson 2
Sleep
Lesson 3
Going Out to Eat
Lesson 4
Batch Activities
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Download a free template of the dashboard at:

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