

Date: _____

Day: _____

"Correct what you can. Learn from what you can't."

- Toni Morrison

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

I ended the day in positive, negative or neutral?

-1 0 +1

Bad Habit to Overcome:

Did You Resist The Bad Habit?

YES NO

Self Reflection

Productivity:

1	2	3	4	5
6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

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"One day, in retrospect, the years of struggle will strike you as the most beautiful."

- Sigmund Freud

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

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"Failure is a prerequisite for great success. If you want success faster, double your rate of failure."
- Brian Tracy

Good Habits/Activities to Maintain:

Spiritual:

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"You are the only real obstacle in your path to a fulfilling life."

- Les Brown

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Spiritual:

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"If you run you stand a chance of losing, but if you don't run you've already lost."

- Barack Obama

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

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"It doesn't matter how much you want. What really matters is how much you want it."

- Ralph Marston

Good Habits/Activities to Maintain:

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"Truth is the offspring of silence and meditation."

- Isaac Newton

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"It's not how much we give but how much love we put into giving."

- Mother Teresa

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"When things go wrong, don't go with them."

- Elvis Presley

Good Habits/Activities to Maintain:

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"Dark times lie ahead of us and there will be a time when we must choose between what is easy and what is right."

- Albus Dumbledore

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"Quiet people have the loudest minds."

- Stephen Hawking

Good Habits/Activities to Maintain:

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"The power of man has grown in every sphere, except over himself."

- Winston Churchill

Good Habits/Activities to Maintain:

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"The best way out is always through."

- Robert Frost

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"The temptation to give up is strongest just before victory."

- Zen Proverb

Good Habits/Activities to Maintain:

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"The weak can never forgive. Forgiveness is the attribute of the strong."

- Mahatma Gandhi

Good Habits/Activities to Maintain:

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Today's Note:

Date: _____

Day: _____

"It is in the darkness that one finds the light."

- Meister Eckhart

Good Habits/Activities to Maintain:

Spiritual:

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Total Score for Today: _____ /+6

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Today I am Thankful For:

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Date: _____

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"Sometimes it is more important to discover what one cannot do, than what one can do."

- Lin Yutang

Good Habits/Activities to Maintain:

Spiritual:

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"Some of us learn from other people's mistakes and the rest of us have to be other people. "

- Zig Ziglar

Good Habits/Activities to Maintain:

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"The more I want to get something done, the less I call it work."

- Richard Bach

Good Habits/Activities to Maintain:

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"The past has no power over the present moment. "

- Eckhart Tolle

Good Habits/Activities to Maintain:

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"Talk does not cook rice."

- Chinese Proverb

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"You'll never find rainbows if you're looking down."

- Charlie Chaplin

Good Habits/Activities to Maintain:

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"Ever tried. Ever failed. No matter. Try Again. Fail again. Fail better. "

- Samuel Beckett

Good Habits/Activities to Maintain:

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"Everyone faces challenges in life. It's a matter of how you learn to overcome them and using them to your advantage."

- Celestine Chua

Good Habits/Activities to Maintain:

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"Make failure your teacher, not your undertaker."

- Zig Ziglar

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"We meet ourselves time and again in a thousand disguises on the path of life."

- Carl Jung

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"Courage is found in unlikely places."

- J.R.R. Tolkien

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"It ain't where you start in life, it's where you end up, and what you did along the way."
- Colin Powell

Good Habits/Activities to Maintain:

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"Superstars think like superstars long before the fans or the press anoint them."

- John Eliot

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"The less you want, the richer you are. The more you need in order to be happy, the more miserable you'll be."

- Yanni

Good Habits/Activities to Maintain:

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"You can never cross the ocean unless you have the courage to lose sight of the shore."

- Christopher Columbus

Good Habits/Activities to Maintain:

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"Do good, live in the most positive and joyful way possible every day."

- Roy T. Bennett

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"Imagination means nothing without doing. "

- Charlie Chaplin

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"Action is the foundational key to all success."

- Pablo Picasso

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"Love your enemies, for they tell you your faults."

- Benjamin Franklin

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"Persistence. Perfection. Patience. Power. Prioritize your passion. It keeps you sane."

- Criss Jami

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"Success is a poor teacher."

- Robert Kiyosaki

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"No amount of regretting can change the past, and no amount of worrying can change the future."
- Roy T. Bennett

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"The search for happiness is one of the chief sources of unhappiness."

- Eric Hoffer

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Date: _____

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"You can't have anything worthwhile without difficulties."

- Harry S. Truman

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Today I Am Proud of:

Today's Note:

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"Waste no more time arguing about what a good man should be. Be one."

- Marcus Aurelius

Good Habits/Activities to Maintain:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"When at last you are come to the ocean of happiness, do not go back thirsty."

- Kabir

Good Habits/Activities to Maintain:

Spiritual:

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Mood:



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Today's Note:

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Day: _____

"Failure is a prerequisite for great success. If you want success faster, double your rate of failure."
- Brian Tracy

Good Habits/Activities to Maintain:

Spiritual:

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General:

Total Score for Today: _____ /+6

I ended the day in positive, negative or neutral?

-1 0 +1

Bad Habit to Overcome:

Did You Resist The Bad Habit?

YES NO

Self Reflection

Productivity:

1	2	3	4	5
6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Inspiration exists, but it has to find you working."

- Pablo Picasso

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

I ended the day in positive, negative or neutral?

-1 0 +1

Bad Habit to Overcome:

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YES NO

Self Reflection

Productivity:

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Beginning today, treat everyone you meet as if they were going to be dead by midnight. Your life will never be the same again."

- Og Mandino

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

I ended the day in positive, negative or neutral?

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6	7	8	9	10

Mood:



Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"There is no fear for one whose mind is not filled with desires."

- Buddha

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"I can never decide whether my dreams are the result of my thoughts or my thoughts the result of my dreams."

- D. H. Lawrence

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"Having an open mind is one of the most important qualities we can possess. Once our minds close, we stop evolving."

- Yanni

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Storms don't last forever."

- Unknown

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"Happiness is a choice, not a result. Nothing will make you happy until you choose to be happy."
- Ralph Marston

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

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Today's Note:

Date: _____

Day: _____

"Who you are is defined by what you're willing to struggle for."

- Mark Manson

Good Habits/Activities to Maintain:

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General:

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Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"The secret of change is to focus all your energy not on fighting the old, but on building the new."
- Dan Millman

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

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Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"When you rise in the morning, form a resolution to make the day a happy one for a fellow creature."

- Sydney Smith

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Don't let the past steal your present."

- Cherralea Morgen

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

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Total Score for Today: _____ /+6

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Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Success is not to be pursued, it is to be attracted by the person you become."

- Jim Rohn

Good Habits/Activities to Maintain:

Spiritual:

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General:

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Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Everybody by your side ain't on your side."

- Steve Harvey

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Everybody needs a passion. That's what keeps life interesting."

- Betty White

Good Habits/Activities to Maintain:

Spiritual:

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General:

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Mood:



Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"Great things happen to those who don't stop believing, trying, learning, and being grateful."

- Roy T. Bennett

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Economic:

Emotional:

General:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Always forgive your enemies - nothing annoys them so much."

- Oscar Wilde

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Economic:

Emotional:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Poetry is written with tears, fiction with blood, and history with invisible ink."

- Carlos Ruiz Zafon

Good Habits/Activities to Maintain:

Spiritual:

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Economic:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"The person who never made a mistake never tried anything new."

- Albert Einstein

Good Habits/Activities to Maintain:

Spiritual:

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Day: _____

"When you can't make them see the light, make them feel the heat."

- Ronald Reagan

Good Habits/Activities to Maintain:

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General:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"It is not the knowing that is difficult, but the doing. "

- Chinese Proverb

Good Habits/Activities to Maintain:

Spiritual:

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General:

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Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"It is easy to discover what another has discovered before."

- Christopher Columbus

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"People think about what they don't want and attract more of the same."

- Unknown

Good Habits/Activities to Maintain:

Spiritual:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

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Date: _____

Day: _____

"The more people you help become successful the more successful you become."

- Steve Harvey

Good Habits/Activities to Maintain:

Spiritual:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"If you think you can do a thing or think you can't do a thing, you're right."

- Henry Ford

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Why do you stay in prison when the door is so wide open?"

- Rumi

Good Habits/Activities to Maintain:

Spiritual:

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Today's Note:

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"Life and death are of supreme importance. Time swiftly passes by and opportunity is lost."

- Dogen

Good Habits/Activities to Maintain:

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Day: _____

"Whatever you do, strive to do it so well that no man living and no man dead and no man yet to be born could do it any better."

- Benjamin Mays

Good Habits/Activities to Maintain:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"You can never cross the ocean unless you have the courage to lose sight of the shore."

- Christopher Columbus

Good Habits/Activities to Maintain:

Spiritual:

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Total Score for Today: _____ /+6

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"Anyone who reads a book with a sense of obligation does not understand the art of reading."
- Lin Yutang

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Total Score for Today: _____ /+6

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"A wise man makes his own decisions, but an ignorant man mindlessly follows the crowd."
- Chinese Proverb

Good Habits/Activities to Maintain:

Spiritual:

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Mood:



Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"It isn't what you have or who you are or where you are or what you are doing that makes you happy or unhappy. It is what you think about it."

- Dale Carnegie

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Economic:

Emotional:

General:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Truth is like the sun. You can shut it out for a time, but it ain't going away."

- Elvis Presley

Good Habits/Activities to Maintain:

Spiritual:

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Today's Note:

Date: _____

Day: _____

"True love stories never have endings."

- Richard Bach

Good Habits/Activities to Maintain:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"It does not matter how slowly you go so long as you do not stop."

- Confucius

Good Habits/Activities to Maintain:

Spiritual:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Challenge yourself to find the good and beautiful thing inside of everyone."

- Mark Manson

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"The future belongs to those who learn more skills and combine them in creative ways."

- Robert Greene

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"What have you done today to make someone else happy?"

- Deepam Chaterjee

Good Habits/Activities to Maintain:

Spiritual:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"The secret of happiness, you see, is not found in seeking more, but in developing the capacity to enjoy less."

- Dan Millman

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Don't Let Yesterday Take Up Too Much Of Today."

- Will Rogers

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"People inspire you, or they drain you. Pick them wisely."

- Les Brown

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Economic:

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Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"The best way to find yourself is to lose yourself in the service of others."

- Mahatma Gandhi

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

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Emotional:

General:

Total Score for Today: _____ /+6

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"The strength of a wall is neither greater nor less than the courage of the men who defend it."
- Genghis Khan

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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-1 0 +1

Bad Habit to Overcome:

Did You Resist The Bad Habit?

YES NO

Self Reflection

Productivity:

1	2	3	4	5
6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"What's the point in being smart enough to read, if everything you read makes you dumb?"

- C. Sean McGee

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

I ended the day in positive, negative or neutral?

-1 0 +1

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Mood:



Today I am Thankful For:

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Date: _____

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"Knowing is not enough, we must apply. Willing is not enough, we must do. "

- Bruce Lee

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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"Where your talents and the needs of the world cross, there lies your vocation."

- Aristotle

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

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Emotional:

General:

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"If you don't program yourself, life will program you."

- Les Brown

Good Habits/Activities to Maintain:

Spiritual:

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Mental:

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Emotional:

General:

Total Score for Today: _____ /+6

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"Listening well is as powerful as talking well, and is also as essential to true conversation."

- Chinese Proverb

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Economic:

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"There is peace even in the storm."

- Vincent van Gogh

Good Habits/Activities to Maintain:

Spiritual:

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Mental:

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"When you're curious, you find lots of interesting things to do."

- Walt Disney

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

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"If I persist long enough I will win."

- Og Mandino

Good Habits/Activities to Maintain:

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"Most people dabble their way through life, never deciding to master anything in particular."

- Tony Robbins

Good Habits/Activities to Maintain:

Spiritual:

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General:

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"What you seek is seeking you."

- Rumi

Good Habits/Activities to Maintain:

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Today's Note:

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"Courage is almost a contradiction in terms. It means a strong desire to live taking the form of a readiness to die."

- Gilbert Chesterton

Good Habits/Activities to Maintain:

Spiritual:

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Economic:

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Today I am Thankful For:

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Date: _____

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"The guest will judge better of a feast than the cook."

- Aristotle

Good Habits/Activities to Maintain:

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Mental:

Economic:

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General:

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Today I am Thankful For:

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"No one can hurt you without your consent."

- Eleanor Roosevelt

Good Habits/Activities to Maintain:

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Today I am Thankful For:

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Today's Note:

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"Forget safety. Live where you fear to live."

- Rumi

Good Habits/Activities to Maintain:

Spiritual:

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Day: _____

"We are all here for some special reason."

- Robin Sharma

Good Habits/Activities to Maintain:

Spiritual:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"What would life be if we had no courage to attempt anything? "

- Vincent van Gogh

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

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"Never be afraid to raise your voice for honesty and truth and compassion against injustice and lying and greed."

- William Faulkner

Good Habits/Activities to Maintain:

Spiritual:

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"The golden opportunity you are seeking is in yourself. It is not in your environment; it is not in luck or chance, or the help of others; it is in yourself alone."

- Orison Swett Marden

Good Habits/Activities to Maintain:

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"The pain of parting is nothing to the joy of meeting again."

- Charles Dickens

Good Habits/Activities to Maintain:

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"Your life does not get better by chance, it gets better by change."

- Jim Rohn

Good Habits/Activities to Maintain:

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Today I am Thankful For:

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"Life isn't about finding yourself. Life is about creating yourself."

- George Bernard Shaw

Good Habits/Activities to Maintain:

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"How to get more opportunity: Create more opportunity for others."

- Jack Butcher

Good Habits/Activities to Maintain:

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"Whenever people agree with me I always feel I must be wrong."

- Oscar Wilde

Good Habits/Activities to Maintain:

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"Ponder and deliberate before you make a move."

- Sun Tzu

Good Habits/Activities to Maintain:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"If you build the guts to do something, anything, then you better save enough to face the consequences."

- Criss Jami

Good Habits/Activities to Maintain:

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"Take care of your body. It's the only place you have to live."

- Jim Rohn

Good Habits/Activities to Maintain:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"A life spent making mistakes is not only more honorable but more useful than a life spent doing nothing."

- George Bernard Shaw

Good Habits/Activities to Maintain:

Spiritual:

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"When you reach the top of the mountain, keep climbing. "

- Zen Proverb

Good Habits/Activities to Maintain:

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Day: _____

"Lack of emotion causes lack of progress and lack of motivation."

- Tony Robbins

Good Habits/Activities to Maintain:

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"High thoughts must have high language."

- Aristophanes

Good Habits/Activities to Maintain:

Spiritual:

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Today's Note:

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Day: _____

"Every day is lost in which we do not learn something useful. Man has no nobler or more valuable possession than time."

- Thomas Jefferson

Good Habits/Activities to Maintain:

Spiritual:

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"If we are not able to smile, then the world will not have peace."

- Thich Nhat Hanh

Good Habits/Activities to Maintain:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"To be truly positive in the eyes of some, you have to risk appearing negative in the eyes of others."
- Criss Jami

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"Forget yesterday - it has already forgotten you. Don't sweat tomorrow - you haven't even met.
Instead, open your eyes and your heart to a truly precious gift - today."

- Steve Maraboli

Good Habits/Activities to Maintain:

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Today I am Thankful For:

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Date: _____

Day: _____

"If you look for perfection, you'll never be content."

- Leo Tolstoy

Good Habits/Activities to Maintain:

Spiritual:

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Day: _____

"You become stronger with every problem you face and every obstacle you overcome."

- Celestine Chua

Good Habits/Activities to Maintain:

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Day: _____

"For all evils there are two remedies - time and silence."

- Alexandre Dumas

Good Habits/Activities to Maintain:

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Today's Note:

Date: _____

Day: _____

"To a mind that is still, the entire universe surrenders."

- Zhuangzi

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"Patience is bitter, but its fruit is sweet."

- Aristotle

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"Every day do something that will inch you closer to a better tomorrow."

- Unknown

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Economic:

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Total Score for Today: _____ /+6

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Today I am Thankful For:

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Today's Note:

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Day: _____

"The key to success is failure."

- Michael Jordan

Good Habits/Activities to Maintain:

Spiritual:

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Invisible things are the only realities."

- Edgar Allan Poe

Good Habits/Activities to Maintain:

Spiritual:

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Date: _____

Day: _____

"The biggest adventure you can ever take is to live the life of your dreams."

- Oprah Winfrey

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

I ended the day in positive, negative or neutral?

-1 0 +1

Bad Habit to Overcome:

Did You Resist The Bad Habit?

YES NO

Self Reflection

Productivity:

1	2	3	4	5
6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Wisdom is doing now what you are going to be happy with later on."

- Joyce Meyer

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

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"Courage is found in unlikely places."

- J.R.R. Tolkien

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: ____ /+6

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Mood:



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"To live is to be willing to die over and over again."

- Pema Chodron

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Today I am Thankful For:

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Today's Note:

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"Empty yourself of everything - let the mind become still."

- Lao Tzu

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Total Score for Today: _____ /+6

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"Be curious, not judgmental."

- Walt Whitman

Good Habits/Activities to Maintain:

Spiritual:

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"Respect is earned by effort not age, all things age without effort."

- C. Sean McGee

Good Habits/Activities to Maintain:

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"Honor is the foundation of courage."

- Amelia Earhart

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"I will love the light for it shows me the way, yet I will endure the darkness because it shows me the stars."

- Og Mandino

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"Where does a thought go when it's forgotten?"

- Sigmund Freud

Good Habits/Activities to Maintain:

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"Our happiness depends on the habit of mind we cultivate."

- Norman Vincent Peale

Good Habits/Activities to Maintain:

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"One loyal friend is worth ten thousand relatives."

- Euripides

Good Habits/Activities to Maintain:

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"It's wise to tell the truth. It's even wiser to tell it kindly."

- Maxime Lagace

Good Habits/Activities to Maintain:

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"Victory is always possible for the person who refuses to stop fighting."

- Napoleon Hill

Good Habits/Activities to Maintain:

Spiritual:

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Day: _____

"A journey of a thousand miles must begin with a single step."

- Lao Tzu

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Spiritual:

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"What have you done today to make someone else happy?"

- Deepam Chaterjee

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

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"Freedom from desire leads to inner peace."

- Lao Tzu

Good Habits/Activities to Maintain:

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"Repetition does not transform a lie into a truth."

- Franklin D. Roosevelt

Good Habits/Activities to Maintain:

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"Change yourself - you are in control."

- Mahatma Gandhi

Good Habits/Activities to Maintain:

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"A diamond is a piece of charcoal that handled stress exceptionally well."

- Unknown

Good Habits/Activities to Maintain:

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"A man's worth is no greater than his ambitions."

- Marcus Aurelius

Good Habits/Activities to Maintain:

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"Our greatest fears lie in anticipation."

- Honore de Balzac

Good Habits/Activities to Maintain:

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"It is not what we get. But who we become, what we contribute... that gives meaning to our lives."
- Tony Robbins

Good Habits/Activities to Maintain:

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Today I am Thankful For:

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Day: _____

"The important thing is not to stop questioning. Curiosity has its own reason for existing."

- Albert Einstein

Good Habits/Activities to Maintain:

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"Most people spend more time and energy going around problems than in trying to solve them." - Henry Ford

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"Wealth consists not in having great possessions, but in having few wants."

- Epictetus

Good Habits/Activities to Maintain:

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"Honesty is the first chapter in the book of wisdom."

- Thomas Jefferson

Good Habits/Activities to Maintain:

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"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

- Aristotle

Good Habits/Activities to Maintain:

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"The less you talk about your shame, the more of it you have."

- Mark Manson

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

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Today's Note:

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Day: _____

"Forget yesterday - it has already forgotten you. Don't sweat tomorrow - you haven't even met.
Instead, open your eyes and your heart to a truly precious gift - today."

- Steve Maraboli

Good Habits/Activities to Maintain:

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"I succeeded by saying what everyone else is thinking."

- Joan Rivers

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Today I am Thankful For:

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"Forget mistakes. Forget failure. Forget everything except what you are going to do now and do it.
Today is your lucky day!"

- Og Mandino

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"Many of life's failures are people who did not realize how close they were to success when they gave up."

- Thomas Edison

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Today I am Thankful For:

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"Help others achieve their dreams and you will achieve yours."

- Les Brown

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"We would accomplish many more things if we did not think of them as impossible."

- Vince Lombardi

Good Habits/Activities to Maintain:

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"Your heart is full of fertile seeds, waiting to sprout."

- Morihei Ueshiba

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"The first man gets the oyster, the second man gets the shell."

- Andrew Carnegie

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"Motivation gets you going and habit gets you there. "

- Zig Ziglar

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Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"It is not uncommon for people to spend their whole life waiting to start living."

- Eckhart Tolle

Good Habits/Activities to Maintain:

Spiritual:

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"If you're walking down the right path and you're willing to keep walking, eventually you'll make progress."

- Barack Obama

Good Habits/Activities to Maintain:

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Today's Note:

Date: _____

Day: _____

"Throughout this life, you can never be certain of living long enough to take another breath."
- Zen Proverb

Good Habits/Activities to Maintain:

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Today I am Thankful For:

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"Constantly seek criticism. A well thought out critique of whatever you're doing is as valuable as gold."

- Elon Musk

Good Habits/Activities to Maintain:

Spiritual:

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General:

Total Score for Today: _____ /+6

I ended the day in positive, negative or neutral?

-1 0 +1

Bad Habit to Overcome:

Did You Resist The Bad Habit?

YES NO

Self Reflection

Productivity:

1	2	3	4	5
6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Happiness is a choice, not a result. Nothing will make you happy until you choose to be happy."
- Ralph Marston

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

I ended the day in positive, negative or neutral?

-1 0 +1

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YES NO

Self Reflection

Productivity:

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Beauty is not in the face; beauty is a light in the heart."

- Kahlil Gibran

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

I ended the day in positive, negative or neutral?

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Circumstances do not make the man, they reveal him."

- James Allen

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"When asked, how do you write? I invariably answer, one word at a time."

- Stephen King

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking."

- Steve Jobs

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"No one has ever become poor by giving."

- Anne Frank

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

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General:

Total Score for Today: ____ /+6

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Mood:



Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"The most difficult times for many of us are the ones we give ourselves."

- Pema Chodron

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"The final mystery is oneself."

- Oscar Wilde

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

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Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"To lose your temper is only useful once a year."

- Colin R. Davis

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"You don't have to be great to start, but you have to start to be great. "

- Zig Ziglar

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Don't seek, don't avoid, don't expect. Take what comes and be happy."

- Maxime Lagace

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"It is useless to meet revenge with revenge; it will heal nothing."

- J.R.R. Tolkien

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"The only way round is through."

- Robert Frost

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Freedom from desire leads to inner peace."

- Lao Tzu

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Go and do the things you can't. That is how you get to do them."

- Pablo Picasso

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Emotional:

General:

Total Score for Today: _____ /+6

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Winning isn't always championships."

- Michael Jordan

Good Habits/Activities to Maintain:

Spiritual:

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Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Study logic and math, because once you've mastered them, you won't fear any book."

- Naval Ravikant

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Before you can see the Light, you have to deal with the darkness."

- Dan Millman

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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General:

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Day: _____

"Man's character is his fate."

- Heraclitus

Good Habits/Activities to Maintain:

Spiritual:

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Mood:



Today I am Thankful For:

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Today's Note:

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Day: _____

"Before enlightenment; chop wood, carry water. After enlightenment; chop wood, carry water."
- Buddha

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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General:

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Today I am Thankful For:

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Today's Note:

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Day: _____

"Where words fail, music speaks."

- Hans Christian Andersen

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Knowing others is wisdom, knowing yourself is enlightenment."

- Lao Tzu

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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General:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Every one of us is the sum total of his own thoughts."

- Earl Nightingale

Good Habits/Activities to Maintain:

Spiritual:

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Economic:

Emotional:

General:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Most people spend more time and energy going around problems than in trying to solve them. "
- Henry Ford

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Economic:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"An investment in knowledge pays the best interest."

- Benjamin Franklin

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

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Today I am Thankful For:

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Day: _____

"Every poem should remind the reader that they are going to die."

- Edgar Allan Poe

Good Habits/Activities to Maintain:

Spiritual:

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Economic:

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Mood:



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Today I Am Proud of:

Today's Note:

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Day: _____

"Never settle for the crumbs of life."

- Og Mandino

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Emotional:

General:

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Don't want anything. Then you get everything."

- Seungsahn

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Economic:

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General:

Total Score for Today: _____ /+6

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"A loving heart is the truest wisdom."

- Charles Dickens

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"Exceptional thinkers ignore their critics and go about their business making history."

- John Eliot

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"It's not the size of the dog in the fight, it's the size of the fight in the dog."

- Mark Twain

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Mood:



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"The wise learn many things from their enemies."

- Aristophanes

Good Habits/Activities to Maintain:

Spiritual:

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Bad Habit to Overcome:

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Success is good at any age, but the sooner you find it, the longer you will enjoy it."

- Napoleon Hill

Good Habits/Activities to Maintain:

Spiritual:

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Economic:

Emotional:

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"If you spend too much time thinking about a thing, you'll never get it done. "

- Bruce Lee

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Ask no questions, and you'll be told no lies."

- Charles Dickens

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Economic:

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Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Humans and prosperity never endure side by side for long."
- Herodotus

Good Habits/Activities to Maintain:

Spiritual: ○

Physical: ○

Mental: ○

Economic: ○

Emotional: ○

General: ○

Total Score for Today: ____ /+6

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Productivity:

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Do not look for a sanctuary in anyone except your self."

- Buddha

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: ____ /+6

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Productivity:

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Vision is the art of seeing things invisible."

- Jonathan Swift

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: ____ /+6

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Productivity:

1	2	3	4	5
6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Most people do not really want freedom, because freedom involves responsibility, and most people are frightened of responsibility."

- Sigmund Freud

Good Habits/Activities to Maintain:

Spiritual: ○

Physical: ○

Mental: ○

Economic: ○

Emotional: ○

General: ○

Total Score for Today: ____ /+6

I ended the day in positive, negative or neutral?

-1 0 +1

Bad Habit to Overcome:

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YES NO

Self Reflection

Productivity:

1	2	3	4	5
6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"One small positive thought can change your whole day."

- Zig Ziglar

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: ____ /+6

I ended the day in positive, negative or neutral?

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Self Reflection

Productivity:

1	2	3	4	5
6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Remember to look up at the stars and not down at your feet."

- Stephen Hawking

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: ____ /+6

I ended the day in positive, negative or neutral?

Bad Habit to Overcome:

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Productivity:

1	2	3	4	5
6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"The ego wants to go fast. The soul needs to go slow."

- Maxime Lagace

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: ____ /+6

I ended the day in positive, negative or neutral?

Bad Habit to Overcome:

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Self Reflection

Productivity:

1	2	3	4	5
6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Nothing is too high for a man to reach, but he must climb with care and confidence"
- Hans Christian Andersen

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: ____ /+6

I ended the day in positive, negative or neutral?

Bad Habit to Overcome:

Did You Resist The Bad Habit?

Self Reflection

Productivity:

1	2	3	4	5
6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"The time is always right to do what is right."

- Martin Luther King, Jr.

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

I ended the day in positive, negative or neutral?

-1 0 +1

Bad Habit to Overcome:

Did You Resist The Bad Habit?

YES NO

Self Reflection

Productivity:

1	2	3	4	5
6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"The moment you doubt whether you can fly, you cease for ever to be able to do it."

- James Matthew Barrie

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

I ended the day in positive, negative or neutral?

-1 0 +1

Bad Habit to Overcome:

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1	2	3	4	5
6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"You are not the drop in the ocean, but the ocean in the drop."

- Deepak Chopra

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Self Reflection

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"The secret of success lies not in doing your own work, but in recognizing the right man to do it."
- Andrew Carnegie

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"Pursue what catches your heart, not what catches your eyes."

- Roy T. Bennett

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

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General:

Total Score for Today: _____ /+6

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Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"The most wasted day of all is that on which we have not laughed."

- Nicolas Chamfort

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Economic:

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General:

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Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Knowledge is learning something everyday. Wisdom is letting go of something everyday."

- Unknown

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

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Emotional:

General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"The more something threatens your identity, the more you will avoid it."

- Mark Manson

Good Habits/Activities to Maintain:

Spiritual:

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General:

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Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"A fear of weakness only strengthens weakness."

- Criss Jami

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Emotional:

General:

Total Score for Today: _____ /+6

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Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Persistence. Perfection. Patience. Power. Prioritize your passion. It keeps you sane."

- Criss Jami

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"It will never rain roses: when we want to have more roses, we must plant more roses."

- George Eliot

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: ____ /+6

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Is it really possible to tell someone else what one feels?"

- Leo Tolstoy

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"There is no value in anything until it is finished. "

- Genghis Khan

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: ____ /+6

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Tension is who you think you should be. Relaxation is who you are."

- Chinese Proverb

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Don't let the behavior of others destroy your inner peace."

- Dalai Lama

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"The Only Thing That Is Constant Is Change"

- Heraclitus

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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General:

Total Score for Today: _____ /+6

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"No matter what happens, always be yourself."

- Dale Carnegie

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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General:

Total Score for Today: _____ /+6

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"You have to make time, even for something as universal as staring at the stars."

- W.P. Kinsella

Good Habits/Activities to Maintain:

Spiritual:

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Economic:

Emotional:

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Mood:



Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"It's the job that's never started that takes the longest to finish."

- J.R.R. Tolkien

Good Habits/Activities to Maintain:

Spiritual:

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Emotional:

General:

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Sometimes letting things go is an act of far greater power than defending or hanging on."

- Eckhart Tolle

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"If we all did the things we are capable of doing, we would literally astound ourselves."

- Thomas Edison

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Economic:

Emotional:

General:

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"If you don't like something change it. If you can't change it, change your attitude about it. Don't complain."

- Maya Angelou

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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General:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Forgive yourself for your faults and your mistakes and move on."

- Les Brown

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Everyday is a second chance."

- Unknown

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

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Emotional:

General:

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I ended the day in positive, negative or neutral?

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Don't try to steer the river."

- Deepak Chopra

Good Habits/Activities to Maintain:

Spiritual:

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Total Score for Today: _____ /+6

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"The man who asks a question is a fool for a minute, the man who does not ask is a fool for life."
- Confucius

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"The only man who never makes mistakes is the man who never does anything."

- Theodore Roosevelt

Good Habits/Activities to Maintain:

Spiritual:

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General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"The man who does not value himself, cannot value anything or anyone."

- Ayn Rand

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop."

- Mother Teresa

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

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General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Reading should be a pleasure, not a chore."

- Joan Rivers

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Total Score for Today: ____ /+6

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"Until we can manage time, we can manage nothing else."

- Peter Drucker

Good Habits/Activities to Maintain:

Spiritual:

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Total Score for Today: _____ /+6

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"Success is not final, failure is not fatal: it is the courage to continue that counts."

- Winston Churchill

Good Habits/Activities to Maintain:

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Today's Note:

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Day: _____

"Things turn out best for the people who make the best of the way things turn out."

- John Wooden

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"The face is the mirror of the mind, and eyes without speaking confess the secrets of the heart."

- St. Jerome

Good Habits/Activities to Maintain:

Spiritual:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"We are all faced with a series of great opportunities brilliantly disguised as impossible situations."
- Charles Swindoll

Good Habits/Activities to Maintain:

Spiritual:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"I admire those who do good and expect nothing in return."

- Roy T. Bennett

Good Habits/Activities to Maintain:

Spiritual:

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General:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"When you love someone, you love the person as they are, and not as you'd like them to be."
- Leo Tolstoy

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Good things aren't supposed to just fall into your lap."

- Audrey Hepburn

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

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General:

Total Score for Today: _____ /+6

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Productivity:

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Today will never happen again. Don't waste it with a false start or no start at all."

- Og Mandino

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Self Reflection

Productivity:

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Great thoughts speak only to the thoughtful mind, but great actions speak to all mankind."

- Theodore Roosevelt

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Productivity:

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Knowing is not enough, we must apply. Willing is not enough, we must do. "

- Bruce Lee

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Bad Habit to Overcome:

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Life is a balance of holding on and letting go."

- Rumi

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Self Reflection

Productivity:

1	2	3	4	5
6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Take time like the river that never grows stale. Keep going and steady. No hurry, no rush."

- Rumi

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

I ended the day in positive, negative or neutral?

-1 0 +1

Bad Habit to Overcome:

Did You Resist The Bad Habit?

YES NO

Self Reflection

Productivity:

1	2	3	4	5
6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"The impossible can always be broken down into possibilities."

- Unknown

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Mood:



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Today's Note:

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Day: _____

"Death smiles at us all. All we can do is smile back."

- Marcus Aurelius

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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6	7	8	9	10

Mood:



Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"If it is not right, do not do it, if it is not true, do not say it."

- Marcus Aurelius

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"A person is only by the thoughts that he chooses."

- James Allen

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"Success is going from failure to failure without losing your enthusiasm"

- Winston Churchill

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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General:

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Today's Note:

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Day: _____

"Anger exceeding limits causes fear and excessive kindness eliminates respect."

- Euripides

Good Habits/Activities to Maintain:

Spiritual:

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"A liar knows that he is a liar, but one who speaks mere portions of truth in order to deceive is a craftsman of destruction."

- Criss Jami

Good Habits/Activities to Maintain:

Spiritual:

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Mood:



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Day: _____

"The fastest way to change is to laugh at your own folly."

- Spencer Johnson

Good Habits/Activities to Maintain:

Spiritual:

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Mental:

Economic:

Emotional:

General:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"Every strike brings me closer to the next home run. "

- Babe Ruth

Good Habits/Activities to Maintain:

Spiritual:

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Total Score for Today: _____ /+6

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Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Failure means you've now learned another valuable lesson that pushes you one step closer to success."

- Steve Harvey

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"You do not read a book for the book's sake, but for your own."

- Earl Nightingale

Good Habits/Activities to Maintain:

Spiritual:

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General:

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Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"One is never afraid of the unknown; one is afraid of the known coming to an end."

- Jiddu Krishnamurti

Good Habits/Activities to Maintain:

Spiritual:

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"If you aren't sure which way to do something, do it both ways and see which works better."

- John Carmack

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Economic:

Emotional:

General:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Do good by stealth, and blush to find it fame."

- Alexander Pope

Good Habits/Activities to Maintain:

Spiritual:

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General:

Total Score for Today: ____ /+6

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Anger, ego, jealousy are the biggest diseases, Keep yourself aloof from these three diseases."
- Sathya Sai Baba

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Emotional:

General:

Total Score for Today: _____ /+6

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Play your part in life, but never forget that it is only a role."

- Paramahansa Yogananda

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"I skate to where the puck is going to be, not where it has been."

- Wayne Gretzky

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Today's Note:

Date: _____

Day: _____

"Dreams are the touchstones of our characters."

- Henry David Thoreau

Good Habits/Activities to Maintain:

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Today's Note:

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"We learn to walk by falling down. If we never fell down, we would never walk."

- Robert Kiyosaki

Good Habits/Activities to Maintain:

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Date: _____

Day: _____

"Generosity is giving more than you can, and pride is taking less than you need."

- Kahlil Gibran

Good Habits/Activities to Maintain:

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Today's Note:

Date: _____

Day: _____

"Accept responsibility for your life. Know that it is you who will get you where you want to go, no one else."

- Les Brown

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"Logic is like the sword - those who appeal to it shall perish by it."

- Samuel Butler

Good Habits/Activities to Maintain:

Spiritual:

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Today's Note:

Date: _____

Day: _____

"Attitude, not aptitude, determines altitude. "

- Zig Ziglar

Good Habits/Activities to Maintain:

Spiritual:

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Today's Note:

Date: _____

Day: _____

"The only place success comes before work is in the dictionary."

- Vince Lombardi

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

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Day: _____

"Nothing is hopeless; we must hope for everything."

- Euripides

Good Habits/Activities to Maintain:

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Today I am Thankful For:

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Today's Note:

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Day: _____

"Sometimes you put walls up not to keep people out, but to see who cares enough to break them down."

- Socrates

Good Habits/Activities to Maintain:

Spiritual:

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"Perfectionism is simply putting a limit on your future."

- John Eliot

Good Habits/Activities to Maintain:

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Today I am Thankful For:

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Day: _____

"The best of us sometimes eat our words. "

- Albus Dumbledore

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"When you're curious, you find lots of interesting things to do."

- Walt Disney

Good Habits/Activities to Maintain:

Spiritual:

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Today's Note:

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Day: _____

"There is only one thing in the world worse than being talked about, and that is not being talked about. "

- Oscar Wilde

Good Habits/Activities to Maintain:

Spiritual:

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"Loving thoughts and actions are clearly beneficial for our physical and mental health."

- Dalai Lama

Good Habits/Activities to Maintain:

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"Change begets change. Nothing propagates so fast."

- Charles Dickens

Good Habits/Activities to Maintain:

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Date: _____

Day: _____

"Wherever you are, and whatever you do, be in love."

- Rumi

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"Expect the best of yourself, and then do what is necessary to make it a reality."

- Ralph Marston

Good Habits/Activities to Maintain:

Spiritual:

Physical:

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Economic:

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General:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"There is no such thing as a great talent without great willpower."

- Honore de Balzac

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

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Day: _____

"Where focus goes, energy flows."

- Tony Robbins

Good Habits/Activities to Maintain:

Spiritual:

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Today I am Thankful For:

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Today's Note:

Date: _____

Day: _____

"To forgive means pardoning the unpardonable."

- Gilbert Chesterton

Good Habits/Activities to Maintain:

Spiritual:

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6	7	8	9	10

Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present."

- Lao Tzu

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Those who bring sunshine into the lives of others cannot keep it from themselves."

- James Matthew Barrie

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

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General:

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Today's Note:

Date: _____

Day: _____

"Failure is the key to success; each mistake teaches us something."

- Morihei Ueshiba

Good Habits/Activities to Maintain:

Spiritual:

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Mental:

Economic:

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Mood:



Today I am Thankful For:

Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"My definition of success is control."

- Kenneth Branagh

Good Habits/Activities to Maintain:

Spiritual:

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Today I Am Proud of:

Today's Note:

Date: _____

Day: _____

"Most people fail in life not because they aim too high and miss, but because they aim too low and hit."

- Les Brown

Good Habits/Activities to Maintain:

Spiritual:

Physical:

Mental:

Economic:

Emotional:

General:

Total Score for Today: _____ /+6

I ended the day in positive, negative or neutral?

-1 0 +1

Bad Habit to Overcome:

Did You Resist The Bad Habit?

YES NO

Self Reflection

Productivity:

1	2	3	4	5
6	7	8	9	10

Mood:



Today I am Thankful For:

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"The most efficient way of rendering the poor harmless is to teach them to want to imitate the rich."
- Carlos Ruiz Zafon

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Physical:

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"You were born to win, but to be a winner, you must plan to win, prepare to win, expect to win."
- Arnold Schwarzenegger

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