

# CREATING SUCCESS ON PURPOSE

## Daily Checklist

*"Success is nothing more than a few simple disciplines, practiced every day; while failure is simply a few errors in judgment, repeated every day. It is the accumulative weight of our disciplines and our judgments that leads us to either fortune or failure." - JIM ROHN*

### FEEL GRATEFUL

*What 3 things are you grateful for right now?*

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### SET YOUR INTENTIONS FOR THE DAY

*What would you like to achieve?*

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### CREATE YOUR GAME PLAN

*What actions are you going to take & when are you going to take them?*

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### CREATE FUTURE HISTORY

*Visualise & experience having what you want.*

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### TUNE IN

*Pay attention to your thoughts & steer them in the right direction.*

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### FEEL GOOD

*Take time to feel good, listen to a song, go for a walk, smile.*

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### FEED YOUR MIND

*Take time to get inspired and empowered.*

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### PAY ATTENTION TO YOUR POSTURE

*Sit or stand tall, head up right - it affects your psychology.*

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### JOURNAL

*Write down how you felt about today, tune in.*

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I CAN & I WILL. WATCH ME.