

SELF

journal

A powerful yet simple daily planner to help you optimize your day, tackle your goals, and be happier.

CREATED BY



OUR PROMISE TO YOU

Welcome to the SELF Journal, where we will empower you to plan your goals, take imperfect action to reach them, and be intentional in your every day.

After spending years looking for the perfect daily planner to plan both long term goals and daily actions, we never found a solution we were happy with. This is why we've decided to create our own. For the past year we used a version of SELF journal to optimize our own daily lives. Once we'd experienced how well it worked, we decided to release it out into the world.

People are more likely to use attractive products, which is why we made this book as simple, clutter-free, and minimalist as possible. We hope you utilize this book as a canvas for optimizing your every moment so that you can become your Best Self.

Be amazing every day.

Cathryn & Allen

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The Best Self Community

... our gift to you to help ensure you hit your goals.

WHAT'S INCLUDED



A Likeminded Community

A place to share your goals, meet likeminded people on the same path and stay accountable.



Exclusive Videos + PDF's

We'll share additional content including videos and PDF guides on how to maximize the SELF Journal to ensure you hit your goal.



Goalsetting & Productivity Hacks

Get some great examples of how other people have hit their goals. We'll also share the tools we use every day to 10X our time.



Bonus Content

Be first to know when we release updates and new content.

FOR FREE ACCESS GO TO:

theSELFjournal.com/check-in

Cheat Sheet

... a brief summary of how to best use your SELF Journal.

SET YOUR GOALS

Use the 13-Week Roadmap to decide on your goal(s) and break down how to achieve it. Join the BestSelf Community for additional guides on goalsetting.

Morning Routine

MORNING GRATITUDE

Write down 3 things you're grateful for OR one thing you're grateful for with 3 reasons why.

WRITE DOWN YOUR GOAL

A powerful way to connect your daily efforts to your desired result, whether it's a short-term, 13-week goal or lifetime goal, keeping it top of mind is crucial.

TODAY'S TARGET

Fill in 'Today's Targets.' These are three top priority tasks to accomplish that day that will move the needle toward your goal.

PLAN YOUR DAY

Block out your daily schedule into the timeline provided. Begin with planned appointments and then timeblock 'Today's Targets.'

Evening Routine

WINS

This is your unapologetic brag zone. How did you win the day?

LESSONS LEARNED

Did you learn anything new? Are there opportunities for improvement?

EVENING GRATITUDE

What are you grateful for from the day?

Weekly Routine

REFLECT & TRACK

Review your progress from the week and track how you're doing.

6 Principles

...and why they work.

During the creative journey of crafting this journal into what you're holding right now, we focused on 6 principles that became the blueprint of the design. Every section, every line, and every dot is based upon the proven methodologies within these principles.

1. CRAFT A ROADMAP FOR YOUR LIFE

Goals are meaningless without a plan on how to achieve them. Create a road map toward the life you want by defining your life goals and then building a path toward them. Our 13-Week Roadmap is designed to help you break down these life goals into actionable steps. SELF Journal fills the gap between goal setting and goal achieving by giving you a system of execution that will guide your performance and track your progress daily.

2. ZERO-BASED CALENDAR

Planning is the most crucial part of the formula we call time management. That is why we've added the timeline tracker for each day. It's broken down into 30-minute segments to allow you to optimize your day from sunrise to sunset. Practice leaving ZERO white space on the planner so that you have no unaccounted time. I know this may sound overwhelming at first. However, the goal with this is to learn how to spend your time consciously.

Much like with budgeting money where we give every dollar a job, we want to do the same with our time. This will help you easily transition from one task to the next with laser-focus due to no wasted "in-between" time or decision fatigue.

3. PRIORITIZED, PROACTIVE, PRODUCTIVE

Planning your day and prioritizing your tasks is the difference between having a reactive day and a proactive day. With the SELF Journal, you begin your day with your most critical tasks first. By planning your day the night before (or early in the morning), you can prioritize your workflow. Don't wait, don't delay, don't worry - just get it done.

4. FLEXIBILITY & FREEDOM

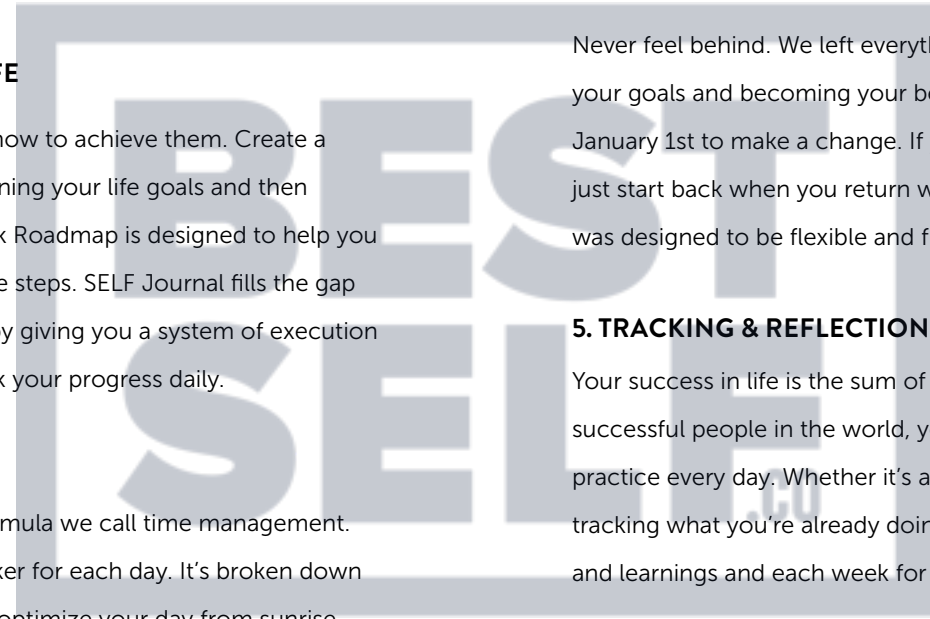
Never feel behind. We left everything undated so that you can start planning your goals and becoming your best self **today**. This isn't about waiting until January 1st to make a change. If you go on vacation or take time off, you can just start back when you return without any awkward blank pages. SELF journal was designed to be flexible and friendly to work with.

5. TRACKING & REFLECTION

Your success in life is the sum of the habits you create. If you look at the most successful people in the world, you will see that they have habits that they practice every day. Whether it's a new habit you want to add to your life or tracking what you're already doing, we have space each day to reflect on wins and learnings and each week for reflection and habit tracking.

6. BOOKEND YOUR DAY WITH POSITIVE PSYCHOLOGY

Using proven positive psychology fundamentals, we've created space to cultivate a habit of gratitude for each morning and evening. Starting your day with gratitude will give you a happiness boost before any negative worry thoughts can take hold. At night before you sleep, shift your focus to your wins (no matter how small) and the positive parts of your day. This daily practice will help you eradicate negative thought behaviors.



The 20-Mile March

...and the road to greatness.

To reach greatness, you must focus on consistent and long term personal performance. In the book *Great by Choice*, author Jim Collins shares the story of two explorers, Amundsen and Scott, who led separate teams on an expedition race to the South Pole in 1911. The journey there and back was roughly 1,400 miles, which is equivalent to a round-trip from New York City to Chicago.

While both teams would be traveling the same distance as each other through extremely harsh weather conditions, each team took an entirely different approach to the journey. Scott's team would walk as far as possible on the good weather days and then rest up on the bad days to conserve energy.

Conversely, Amundsen's team adhered to a strict regimen of consistent progress by walking 20 miles every day no matter what the weather. While on good days Amundsen's team was very capable of walking further, Amundsen was adamant that they walk no more than 20 miles each day to conserve their energy.

Which one succeeded? **The team that took consistent action.**

We included a 13-Week Wall Calendar within the box of your SELF Journal to use as a visual guide on your own 20 Mile March. Take consistent action each day and mark each day off on your calendar accordingly to create a streak.

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

~ ARISTOTLE ~

The Morning Routine

...and why it sets up your day right.

Have you ever heard the saying, "How you do anything is how you do everything?" Well, how you spend the first hour of your morning can set your day up to be a work of art or unruly chaos.

It's not always possible to plan how the middle of our day goes, but we can make a choice about how we begin and end each day to ensure we get our important things done. It's a well known fact that the most successful people in the world, from the late Benjamin Franklin and Steve Jobs to Arianna Huffington, know how to leverage their mornings to ensure they start their day on a positive and productive note.

GRATITUDE

Gratitude means counting your blessings, appreciating the simple pleasures, and appreciating everything you have. By practicing a daily habit of gratitude, you will begin to see and think differently, especially during moments when you feel stuck in a rut. Regardless of where you are in your life, your focus can be shifted toward the positive. When we shift our focus from the negative to the positive, it helps us to see the situation more clearly so that we stop worrying, and we open our minds to new solutions. Gratitude can be broken down into three steps: We recognize what we're grateful for, we acknowledge it to be true, and then we take a moment to appreciate it.

Studies indicate that beginning your day with gratitude can rewire your brain to have a more positive outlook on life.¹ Gratitude is a way for us to appreciate our blessings in life and lessen our feelings of constantly failing or shortchanging ourselves. For example:

Today I am grateful for...

1. My partner who supports me and has taught me so much about myself
2. Waking up today feeling healthy, happy, and free to live my life
3. My job that allows me to make a living doing what I love

GOALS

The goals section is a daily space to magnetize your mind toward the goals you're striving for. By expressing and reviewing these every day, you signal to your subconscious mind that your thoughts, actions, and decisions should be directed toward reaching these goals.

We've left the goal section flexible so that you have the freedom to define different goals over time. Some days you'll write your lifetime goals, and other times it will be weekly or monthly goals that you wish to achieve.

TODAY'S TARGETS

Today's targets is the section for your Most Important Tasks of the day. We have limited time and resources, so it's crucial that we spend our time and energy on the right things. What can you do to make this day a win for you?

We tend to take the path of least resistance. When we write a to-do list, it's convenient for us to work on the easiest things first so that we can cross them off our list; however, you won't find your success by mindlessly spending your days checking off a to-do list. Prioritized work beats busy work every time.

The most important tasks that will move us forward are usually not the easiest, which is why we tend to procrastinate on completing them.

Research has demonstrated that willpower is a finite resource which weakens throughout the day.² If you start your day with easy tasks, then once it comes time to complete the most important (and usually more difficult) of tasks, you will be much less likely to complete them.

The term “eat that frog” (which is also the title of a great book on productivity by Brian Tracy), explains how doing the most important and difficult task on your plate first thing in the morning makes the rest of the day seem like a cakewalk in comparison.

When prioritizing my daily targets, here are two simple questions I ask myself:

1. Which task will make me feel the most accomplished?
2. What's the value in getting this done, and what's the risk if I don't?

By prioritizing your tasks and working on the hardest one first, you are much more likely to complete them and build momentum for the day.

DAILY TIMELINE

The key to having a kick-ass day is to leave zero (or as little as possible) white space on the planner. Have a plan for your time, write it down, and don't leave any time without a plan or it will be, most likely, squandered. The more white space there is, the more you are not reaching your full potential for the day.

This doesn't mean working every hour of the day. It means you should be prioritizing your day and making time for important tasks. Want to go to the gym? Plan it into your day. If you don't, it won't get done. Want to catch up with friends on Facebook? Do it. The important thing is to put a time box around it so that you know when you need to move onto the next thing.

It's not about working without a break all day. It's about being intentional with your time and where you spend it.

The greatest equalizer is time as everyone has the same number of hours in a day. The difference between those who perform at the highest level is that they are intentional with their time and where they give their attention.

“If it's your job to eat a frog, it's best to do it first thing in the morning. And if it's your job to eat two frogs, it's best to eat the biggest one first.”

~ MARK TWAIN ~

The Evening Routine

...how to reflect and recharge to wake up productive.

Having a great evening routine is as important as your morning routine, because mastering your evening schedule will set you up for a high-energy and focused tomorrow.

WINS

Benjamin Franklin was famous for his exceptional productivity and rigorous routines. He ended each carefully mapped day by asking, *"What good did I do today?"*

The wins space allows you take stock of your day and unapologetically brag about how awesome you did. No expectations or thoughts of doing better - only what you did well. Even if it was going to the gym or making that sales call you had been avoiding, this is a way to record all the positive moments - big and small. Making a daily habit of telling yourself the great things you accomplished will grow your confidence in your abilities and improve your relationship with yourself (and others).

LESSONS LEARNED

The goal is to use the SELF Journal to prime your mind toward the positive. The Lessons Learned section should be considered an opportunity for reflection on what did not go as well as expected and an opportunity to improve on that area in the future. What will you do if you encounter the same obstacle again tomorrow?

Over time, you will begin to naturally see the opportunities for improvement as you go about your day. This will pattern a new behavior for how you consider problems and actionable solutions where you wouldn't have been able to before.

Consider reviewing the Lessons Learned lists throughout the weeks and months to see how much you have grown and learned.

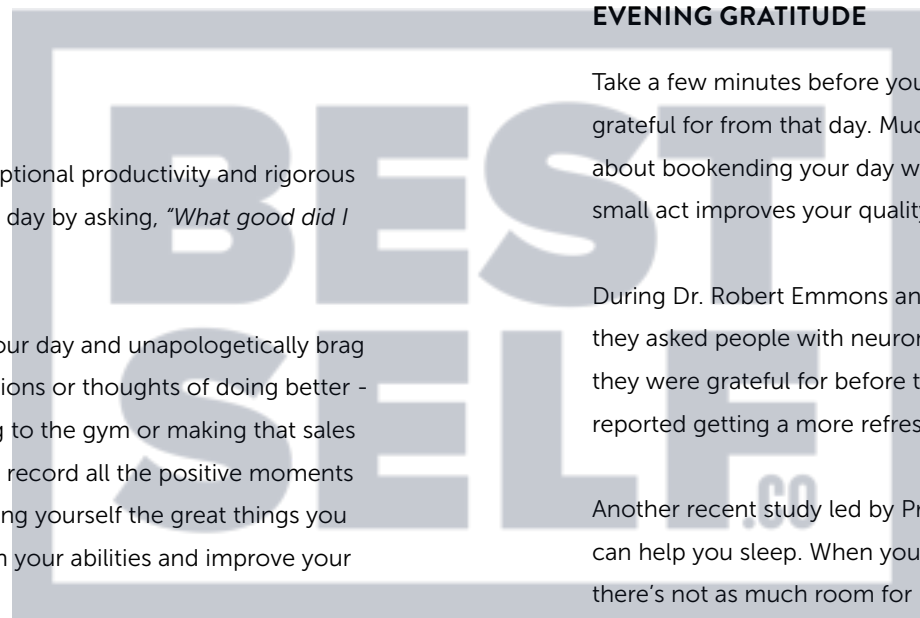
EVENING GRATITUDE

Take a few minutes before you sleep to write down three things you were grateful for from that day. Much the same as the morning gratitude, this is about bookending your day with positive thoughts. Don't be surprised if this small act improves your quality of sleep.

During Dr. Robert Emmons and Michael McCullough's seminal research, they asked people with neuromuscular disorders to write a list of things they were grateful for before they slept. After only three weeks, participants reported getting a more refreshing and longer sleep.³

Another recent study led by Professor Didon suggests that grateful thoughts can help you sleep. When your mind is consumed by positive thoughts, there's not as much room for negative ones, so it's easier to drift off.⁴

By taking a few minutes for gratitude and focusing on the positive, you are keeping the worry and negative thoughts at bay.



The 13-Week Roadmap

...and how to make achieving your goals inevitable

A 2007 research study by British psychologist Richard Wiseman showed that 88% of people who make New Year's resolutions fail. This is why the SELF journal was created to progress you towards your goal in only 13 weeks, which is approximately a 3-month timespan.

Forget about setting yearlong goals, and instead focus on quarterly accomplishments. These quarterly accomplishments can be used to hold you accountable for your long-term goals while putting your yearlong goals in manageable chunks where you can see an end in sight. The purpose of each short-term goal is to motivate you into taking action today rather than procrastinating. The SELF Journal has three 13-Week Roadmap templates which can be used to break down several goals, such as Business, Personal, and Health.

In the 1960s, University of Maryland psychologist Edwin Locke and University of Toronto psychologist Gary Latham discovered that goal setting is one of the easiest ways to increase motivation and enhance performance. Over dozens of studies, Latham and Locke found that setting goals increased performance and productivity by 11 - 25%.⁵ By applying this logic to an average workday of 8 hours, it's like getting an extra 2 hours of work into your day simply by applying a goal around the activity. Locke's research revealed the nature of the relationship between how difficult and specific a goal was and people's performance on that goal. He discovered that specific yet difficult goals led to better task performance, rather than vague or easy goals.

The 13-Week Roadmap is a goal setting system that follows this concept of setting specific and time-based goals. This concept is implemented by

some of the most successful entrepreneurs in the world who know that the key to success is through setting short-term goals, and then executing and measuring their progress. The 13-Week goal setting roadmap helps you set S.M.A.R.T. (Specific, Measurable, Attainable, Relevant & Time-based) goals that can be broken down into actions you will take on a daily or weekly basis.

The SELF journal should serve as your daily reminder of a focused vision to track your results. There are 3 stages to creating your 13-week roadmap:

Result Progress Milestones Actions + Tasks (20 Mile March)

The result stage is setting a high level target you wish to hit. For example, the result could be a revenue goal, customer acquisition number, weight loss goal, etc. This is the goal you want to hit at the finish line. If you were climbing Mount Everest, you can consider reaching the summit as the result. An example of an result goal: *"I want to hit \$500,000 with my product launch."*

Your result goals should always be a high level target. Generally, this is where people stumble with goal setting, because, after they set a big goal, there's no clearly defined steps on how to achieve it. This is the main cause of why most people fail at New Year's resolutions: they don't have a plan of work in place for exactly how to get there.

PROGRESS MILESTONES (personal tracking objectives)

Progress milestones are very clear and trackable objectives to measure your advancement. When creating them, consider a measurable improvement you would need to make to ensure the desired end result can be reached. For instance, "I will improve my running time to a 6-minute mile," or, "I will improve my sales conversions by 15%." These milestones are directly linked to whatever your result goal is. For example, if your goal is customer acquisition,

a progress milestone might be "I will improve my sales conversions by 15%." If your desired result is to lose 100 lbs, then a progress milestone might be, "I will improve my bench press by 80 lbs."

Picture the progress milestones as the basecamps that you need to hit while climbing Everest in order to reach the summit. Once you define the end result that you desire, you will break this down into progress milestones. Progress milestones are the goals you need to hit in order to reach your end result.

ACTIONS + TASKS (your 20-Mile March)

The actions stage of the 13-week roadmap includes all of the daily activities or tasks you must complete in order to hit the progress milestones you previously set. Using the Everest metaphor again, consider these steps your own daily 20-mile march that helps you hit the basecamps on the route to the summit, AKA your end result.

An example of an action task might be, "Send 50 prospecting emails per day," if your progress goal was about improving sales conversion. For health progress or weight loss goals, it might be, "Do 30 mins of cardio 3 times per week."

These are the items that will go into your daily SELF Journal entries so that you can ensure you are completing everything you need to accomplish each day. By knowing the needed daily action steps, you will also have a clear idea of what you can delegate or outsource to other people. This allows you to focus your time on your highest leverage activity.

THE PURPOSE OF CREATING A ROADMAP

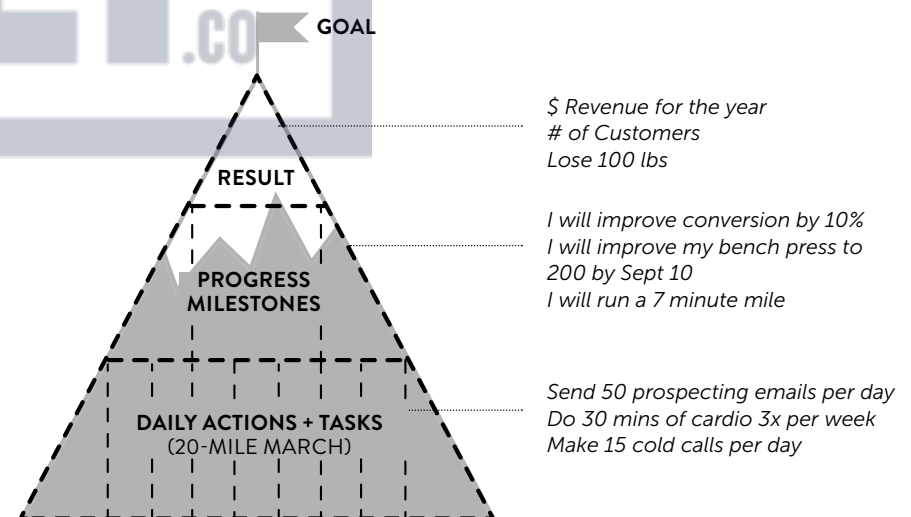
The aviation industry has a guideline known as the 60-to-1 Rule. This rule explains that if you are 1 degree off your designated course, you will miss

your target landing spot by 92 feet for every mile you fly. This amounts to 1 mile off for every 60 miles you travel. This means that the longer you travel, the further off course you will be.

The same logic applies for your goals in both life and business. By being disciplined and taking strong consistent action in the right direction, you will get to exactly where you want to be. By planning your goals ahead of time and taking actionable daily steps to accomplish your own personal 20-mile march, you will arrive exactly where you need to be on schedule without being burnt out.

This is why creating goals and setting clear and measurable intentions is so crucial. Use the 13-Week Roadmap to take huge goals and create actionable steps to complete them over a defined time period.

The SELF Journal was created to help you plan your goals and reach them while also providing the framework for daily incremental progress. While one of these strategies will help you achieve your goals, the compound effect of all of them will help you get there faster without getting sidetracked by detours.



13-Week Roadmap

... a visual example of how to break down a big goal.

RESULT

What big goal do you want to achieve in the next 13 weeks? Why is this important to you?

PROGRESS

In what ways do you need to progress and advance your abilities or metrics to reach this goal?

ACTIONS

Based on your progress goals, what do you need to do on a day-to-day basis to ensure you are hitting the performance goals you've set?

These goals are what will be going into your daily planner.

13-WEEK ROADMAP

RESULT GOAL:
HIT 200K IN REVENUE WITH THE NEXT PRODUCT LAUNCH

This end result goal is very important for me to achieve because
I HAVE CREATED A PRODUCT THAT WILL POSITIVELY IMPACT MANY PEOPLE

PROGRESS GOALS:

1. I WILL IMPROVE MY SALES CONVERSION BY 15%.
2. I WILL IMPROVE MY WEBSITE TRAFFIC BY 20%.
3. I WILL INCREASE MY EMAIL LIST BY 10,000 SUBSCRIBERS

ACTIONS + TASKS:

Based on Progress Goal #1:

1. SEND OUT 15 PROSPECTING EMAILS PER DAY
2. MAKE 10 COLD CALLS PER DAY
3. HIRE A SALES ASSISTANT TO SET UP SALES CALLS

Based on Progress Goal #2:

4. CREATE AN EDITORIAL AND SOCIAL MEDIA CALENDAR
5. HIRE 1 CONTENT CREATOR AND WRITER
6. CREATE OUTREACH PROCESS TO CONTACT 10 BLOGGERS PER WEEK

Based on Progress Goal #3:

7. HIRE A COPYWRITER FOR EMAIL CAMPAIGNS AND LANDING PAGES
8. RUN A GIVEAWAY TO COLLECT EMAILS
9. TAKE COURSE ON LEARNING FACEBOOK ADS

MY COMMITMENT

I, ROBERT YATES, commit to completing this goal by: 1 OCTOBER 2016

“Our goals can only be reached through a vehicle of a plan, in which we must ferretently believe, and upon which we must rigorously act. There is no other route to success.”
— PABLO PICASSO —

When I achieve this goal, my life will improve in the following ways:
I CAN QUIT MY CONSULTING JOB WHICH I DON'T ENJOY. I'M EXCITED TO CREATE SOMETHING THAT WILL ALLOW ME TO SPEND MORE TIME WITH MY FAMILY AND WILL POSITIVELY IMPACT OTHER PEOPLE'S LIVES.

If I complete this goal by my target date, I will reward myself with:
A WEEK AWAY WITH MY WIFE TO COSTA RICA

I will do the following three things to ensure that I will use my SELF Journal to take action on these goals every day:

1. KEEP JOURNAL ON BEDSIDE TO PLAN DAILY TASKS THE NIGHT BEFORE
2. SHARE MY GOAL COMMITMENT WITH WIFE FOR ACCOUNTABILITY
3. MAKE MY MORNING COFFEE ONLY AFTER I'VE PLANNED MY DAY

Signed Robert Yates Date 07.03.16

Make a commitment to your goal and put a date to it.

Why do you want to hit this goal? What difference will it make in your life? What opportunities will it provide?

How will you reward yourself when you achieve it?

What steps will you put in place to create a habit of using this journal to optimize your everyday?

The Daily Planner

DAY & DATE ----- DAY: 05/05/16 S M T W T F S

DAILY TIMELINE

segmented into 30 minute slots.

Want to start your day earlier?

We printed the time stamps lightly to give you the freedom to easily overwrite them.

DAILY NOTES

This dotted grid space next to the timeline creates enough flexibility that it can be used as a continuation of the timeline, space for notes, or sketching ideas.

MORNING GRATITUDE

A space to start your day with positivity

Notes & Ideas

GYM

BREAKFAST

CLIENT PROPOSALS

CALL PROSPECTS

TEAM MEETING

PRODUCT SUPER MEETING

BATCH EMAILS

LEAVE OFFICE

DINNER WITH ROSS AND RACHEL

LUKE DINES
WALTER WHITE
JACK BAUER

IDEA

1. CALL ELECTRICIAN
2. BOOK HAIR APPOINTMENT
3. ORDER GIFT FOR DAD

1. MY DEEP AND PEACEFUL SLEEP LAST NIGHT.
2. MY WIFE FOR SUPPORTING MY DREAMS AND KEEPING ME MOTIVATED.
3. HAVING A HEALTHY BODY THAT HELPS ME PERFORM AT MY BEST.

MY GOAL:

REACH AND IMPACT 100,000 PEOPLE WITH MY PRODUCT WHILE INCREASING REVENUE TO 100K PER MONTH WITHIN 3 MONTHS.

TODAY'S TARGETS:

(tasks to complete to move closer to your goal)

1. SEND OUT CLIENT PROPOSAL
2. CALL 15 CUSTOMERS FOR FEEDBACK
3. CREATE DRAFT PROCESS FOR HIRING NEW TEAM MEMBERS

LESSONS LEARNED:

(...and opportunities for improvement)

DO CALLS IN THE MORNING WHEN MORE PEOPLE AVAILABLE CHECK THE LINKS BEFORE SENDING OUT EMAILS... OOPS!

WINS:

(the brag zone)

Woke up before alarm and did a 4 mile run this morning. I spoke to 6 customers on the phone, great feedback!

Tonight I am grateful for... MY TEAM!

1. THEY TRUST MY SUPPORT AND LEADERSHIP SKILLS.
2. PREPARED EVERYTHING NEEDED FOR ME TO FOCUS MY CALLS BETTER.
3. WORKING CONSTANTLY TO IMPROVE THE PRODUCT FOR OUR CUSTOMERS.

GOALS

Daily goal affirmation space. Weekly, monthly, or lifetime. Define the goals you want to achieve.

TODAY'S TARGETS

Prioritized tasks of what you need to accomplish today. This should go into your timeline for the day.

DAILY QUOTE

A dose of inspiration from the greats.

LESSONS LEARNED

What did you learn today? What would you have done differently? Where are some opportunities for improvement?

WINS

How did you win today?

EVENING GRATITUDE

A space to end your day with positivity.

...creating good habits and reviewing progress.

DATE TRACKING ----• **WEEK 1:** 7TH JUNE 2016

HABIT TRACK - - - - - ●

REFLECTION

YOU'RE HERE

HABIT / ACTIVITY	GOAL	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
MEDITATION	6	✓		✓	✓	✓		✓	5
RUNNING	3			✓	✓		✓		3
READING	5		✓		✓	✓		✓	4
YOGA	2	✓		✓			✓		3
WRITING 200 WORDS	5		✓		✓	✓	✓		4

IF I WAS HAPPY WITH TRACKING MY WEEKLY PROGRESS. PLANNING MY DAY
THIS WEEK HAS KEPT ME FOCUSED AND IN FLOW WITH THE WORK.
AFTER SPEAKING WITH MY CUSTOMERS I FEEL CONFIDENT WITH THE NEXT
PRODUCT. SHOULD REACH PROGRESS MILESTONE 1 BY NEXT WEEK.

1. RAN THE 5 MILE LOOP AND BEAT MY PERSONAL BEST TIME.
2. AUTOMATED A PROCESS THAT WILL SAVE ME 8 HOURS PER WEEK!
3. SPoke TO 10 CUSTOMERS ON THE PHONE AND GOT HELPFUL FEEDBACK.

I WAS A LITTLE LESS FOCUSED TOWARDS THE END OF THE WEEK BECAUSE OF HAVING FAMILY IN TOWN BUT I WILL MAKE IT UP. I WANT TO WORK ON CREATING MORE AUTOMATION SO I HAVE MORE TIME TO WORK ON PRODUCT.

NOT TO OVERBOOK MYSELF WITH MEETINGS, TRY TO KEEP THEM TO ONLY 1 OR 2 DAYS PER WEEK SO I CAN FOCUS ON IMPORTANT PRODUCT OUTPUT FOR THE REST OF THE TIME.

TRACKING: 1 2 3 4 5 6 7 8 9 10 11 12

...for compiling your notes, reflections and ideas.

[illegible]

RESULT GOAL:

.....

This end result goal is very important for me to achieve because

.....

PROGRESS GOALS:

1.

2.

3.

ACTIONS + TASKS:

Based on Progress Goal #1:

1.

2.

3.

Based on Progress Goal #2:

4.

5.

6.

Based on Progress Goal #3:

7.

8.

9.

The 13-Week Roadmap goal-setting process is described in pages 22 - 26, this process helps you set smart goals that can be broken down into actions you will take on a daily, weekly and monthly basis to ensure you accomplish your life goals. Go back to check it out if you wish to make the most out of SELF Journal.

RESULT GOAL:

.....

This end result goal is very important for me to achieve because

.....

PROGRESS GOALS:

1.

2.

3.

ACTIONS + TASKS:

Based on Progress Goal #1:

1.

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3.

Based on Progress Goal #2:

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6.

Based on Progress Goal #3:

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RESULT GOAL:

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1.

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3.

ACTIONS + TASKS:

Based on Progress Goal #1:

1.

2.

3.

Based on Progress Goal #2:

4.

5.

6.

Based on Progress Goal #3:

7.

8.

9.

MY COMMITMENT

I, commit to completing these goal(s) by:

.....

“ *Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.* ”

~ PABLO PICASSO ~

When I achieve this goal, my life will improve in the following ways:

.....

If I complete this goal by my target date, I will reward myself with:

.....

I will do the following three things to ensure that I will use my SELF Journal to take action on these goals every day:

1.

2.

3.

Signed _____

Date _____

Feeling overwhelmed? We've put together some goal breakdowns that others have found helpful to get started. Grab them here: bestself.co/goalsguide

MONTH:

DAY	DAY	DAY	DAY

NOTES

[illegible]

NOTES

MONTH:

[illegible]

NOTES

[illegible]

NOTES

MONTH:

[illegible]

NOTES

[illegible]

NOTES

WEEK 1:

HABIT / ACTIVITY	GOAL	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL

ON A SCALE OF 1-10, HOW HAPPY WERE YOU THIS WEEK AND WHY?

.....

.....

.....

.....

WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

1.

2.

3.

REVIEW YOUR GOAL AND ASSESS YOUR PROGRESS. DID YOU SPEND YOUR TIME ON THE RIGHT THINGS? IF NOT HOW WILL YOU IMPROVE NEXT WEEK?

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WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?

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TRACKING: 1 2 3 4 5 6 7 8 9 10 11 12 13

WEEK 2:

HABIT / ACTIVITY	GOAL	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL

ON A SCALE OF 1-10, HOW HAPPY WERE YOU THIS WEEK AND WHY?

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WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

1.

2.

3.

REVIEW YOUR GOAL AND ASSESS YOUR PROGRESS. DID YOU SPEND YOUR TIME ON THE RIGHT THINGS? IF NOT HOW WILL YOU IMPROVE NEXT WEEK?

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WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?

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TRACKING: 1 2 3 4 5 6 7 8 9 10 11 12 13

WEEK 3:

HABIT / ACTIVITY	GOAL	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL

ON A SCALE OF 1-10, HOW HAPPY WERE YOU THIS WEEK AND WHY?

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WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

1.
2.
3.

REVIEW YOUR GOAL AND ASSESS YOUR PROGRESS. DID YOU SPEND YOUR TIME ON THE RIGHT THINGS? IF NOT HOW WILL YOU IMPROVE NEXT WEEK?

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WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?

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TRACKING:

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WEEK 4:

HABIT / ACTIVITY	GOAL	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL

ON A SCALE OF 1-10, HOW HAPPY WERE YOU THIS WEEK AND WHY?

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WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

1.
2.
3.

REVIEW YOUR GOAL AND ASSESS YOUR PROGRESS. DID YOU SPEND YOUR TIME ON THE RIGHT THINGS? IF NOT HOW WILL YOU IMPROVE NEXT WEEK?

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WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?

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TRACKING:

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WEEK 5:

HABIT / ACTIVITY	GOAL	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL

ON A SCALE OF 1-10, HOW HAPPY WERE YOU THIS WEEK AND WHY?

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WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

1.
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3.

REVIEW YOUR GOAL AND ASSESS YOUR PROGRESS. DID YOU SPEND YOUR TIME ON THE RIGHT THINGS? IF NOT HOW WILL YOU IMPROVE NEXT WEEK?

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WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?

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TRACKING:

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WEEK 6:

HABIT / ACTIVITY	GOAL	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL

ON A SCALE OF 1-10, HOW HAPPY WERE YOU THIS WEEK AND WHY?

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WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

1.
2.
3.

REVIEW YOUR GOAL AND ASSESS YOUR PROGRESS. DID YOU SPEND YOUR TIME ON THE RIGHT THINGS? IF NOT HOW WILL YOU IMPROVE NEXT WEEK?

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WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?

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TRACKING:

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WEEK 7:

[illegible]

ON A SCALE OF 1-10, HOW HAPPY WERE YOU THIS WEEK AND WHY?

WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

1.
2.
3.

REVIEW YOUR GOAL AND ASSESS YOUR PROGRESS. DID YOU SPEND YOUR TIME ON THE RIGHT THINGS? IF NOT HOW WILL YOU IMPROVE NEXT WEEK?

WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?

TRACKING: 1 2 3 4 5 6 7 8 9 10 11 12 13

WEEK 8:

[illegible]

ON A SCALE OF 1-10, HOW HAPPY WERE YOU THIS WEEK AND WHY?

WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

1. _____
2. _____
3. _____

REVIEW YOUR GOAL AND ASSESS YOUR PROGRESS. DID YOU SPEND YOUR TIME ON THE RIGHT THINGS? IF NOT HOW WILL YOU IMPROVE NEXT WEEK?

WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?

TRACKING: 1 2 3 4 5 6 7 8 9 10 11 12 13

WEEK 9:

HABIT / ACTIVITY	GOAL	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL

ON A SCALE OF 1-10, HOW HAPPY WERE YOU THIS WEEK AND WHY?

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WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

1.
2.
3.

REVIEW YOUR GOAL AND ASSESS YOUR PROGRESS. DID YOU SPEND YOUR TIME ON THE RIGHT THINGS? IF NOT HOW WILL YOU IMPROVE NEXT WEEK?

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WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?

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TRACKING:



WEEK 10:

HABIT / ACTIVITY	GOAL	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL

ON A SCALE OF 1-10, HOW HAPPY WERE YOU THIS WEEK AND WHY?

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WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

1.
2.
3.

REVIEW YOUR GOAL AND ASSESS YOUR PROGRESS. DID YOU SPEND YOUR TIME ON THE RIGHT THINGS? IF NOT HOW WILL YOU IMPROVE NEXT WEEK?

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WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?

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TRACKING:



WEEK 11:

HABIT / ACTIVITY	GOAL	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL

ON A SCALE OF 1-10, HOW HAPPY WERE YOU THIS WEEK AND WHY?

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WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

1.
2.
3.

REVIEW YOUR GOAL AND ASSESS YOUR PROGRESS. DID YOU SPEND YOUR TIME ON THE RIGHT THINGS? IF NOT HOW WILL YOU IMPROVE NEXT WEEK?

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WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?

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TRACKING:

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WEEK 12:

HABIT / ACTIVITY	GOAL	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL

ON A SCALE OF 1-10, HOW HAPPY WERE YOU THIS WEEK AND WHY?

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WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

1.
2.
3.

REVIEW YOUR GOAL AND ASSESS YOUR PROGRESS. DID YOU SPEND YOUR TIME ON THE RIGHT THINGS? IF NOT HOW WILL YOU IMPROVE NEXT WEEK?

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WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?

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TRACKING:

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WEEK 13:

HABIT / ACTIVITY	GOAL	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL

ON A SCALE OF 1-10, HOW HAPPY WERE YOU THIS WEEK AND WHY?

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WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

- 1.
- 2.
- 3.

REVIEW YOUR GOAL AND ASSESS YOUR PROGRESS. DID YOU SPEND YOUR TIME ON THE RIGHT THINGS? IF NOT HOW WILL YOU IMPROVE NEXT WEEK?

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WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?

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TRACKING:

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“*You will never change your life until you change something you do daily. The secret of your success is found in your daily routine.*”

~ JOHN C MAXWELL ~

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS: (What will make today a win for you?)

1.

2.

3.

BEST
SELF

LESSONS LEARNED:

WINS:

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*If you want to live a happy life, tie it to a goal,
not to people or things.*

~ ALBERT EINSTEIN ~

(Opportunities for improvement)

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(Brag zone)

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☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

TODAY'S TARGETS: (What will make today a win for you?)

1.
2.
3.

The most important persuasion tool you have in your entire arsenal is integrity.

~ ZIG ZIGLAR ~

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

TODAY'S TARGETS:

(What will make today a win for you?)

1.
2.
3.

Every ceiling, when reached, becomes a floor, upon which one walks as a matter of course and prescriptive right.

~ ALDOUS HUXLEY ~

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

2.

3.

BEST
SELF.co

LESSONS LEARNED:

WINS:

Do. Or do not. There is no try.

~ YODA ~

LESSONS LEARNED:

(Opportunities for improvement)

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WINS:

(Brag zone)

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☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

BEST
SELF

LESSONS LEARNED:

WINS:

“

The most effective way to do it, is to do it.

”

~ AMELIA EARHART ~

Opportunities for improvement

Brag zone

☀

This morning I am grateful for...

1.

2.

3.

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

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LESSONS LEARNED:

(Opportunities for improvement)

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WINS:

(Brag zone)

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

2.

3.

BEST
SELF

LESSONS LEARNED:

WINS:

“

Eighty percent of success is showing up.

~ WOODY ALLEN ~

”

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☀️

This morning I am grateful for...

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🌙

Tonight I am grateful for...

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(What will make today a win for you?)

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~ ANNE FRANK ~

(Opportunities for improvement)

(Brag zone)

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

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3.

BEST
SELF

LESSONS LEARNED:

WINS:

“

Things won are done, joy's soul lies in the doing.

~ WILLIAM SHAKESPEARE ~

”

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☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

TODAY'S TARGETS:

(What will make today a win for you?)

1.
2.
3.

BEST
SELF

LESSONS LEARNED:

WINS:

“

Define success on your own terms, achieve it by your own rules,
and build a life you're proud to live.

”

~ ANNE SWEENEY ~

LESSONS LEARNED:

WINS:

(Opportunities for improvement)

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

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3.

BEST
SELF

LESSONS LEARNED:

WINS:

“

The way to get started is to quit talking and begin doing.

”

~ WALT DISNEY ~

(Opportunities for improvement)

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

BEST
SELF

LESSONS LEARNED:

WINS:

“
Good things come to people who wait, but better things come to those who go out and get them.
”
~ ANONYMOUS ~

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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LESSONS LEARNED:

(Opportunities for improvement)

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WINS:

(Brag zone)

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☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

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3.

BEST
SELF

LESSONS LEARNED:

WINS:

“

Life can be pulled by goals just as surely as it can be pushed by drives.

~ VIKTOR FRANKL ~

”

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☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

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3.

BEST
SELF

LESSONS LEARNED:

WINS:

.co

You can do anything, but not everything.

~ ANONYMOUS ~

(Opportunities for improvement)

(Brag zone)

☀

This morning I am grateful for...

1.

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🌙

Tonight I am grateful for...

1.

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3.

MY GOAL:

TODAY'S TARGETS:

(What will make today a win for you?)

Setting goals is the first step in turning the invisible into visible.

~ TONY ROBBINS ~


LESSONS LEARNED:

(Opportunities for improvement)



WINS:

(Brag zone)



This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

TODAY'S TARGETS: (What will make today a win for you?)

1.
2.
3.

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)

BEST
SELF

“

We think, mistakenly, that success is the result of the amount of time we put in at work, instead of the quality of time we put in.

”

~ ARIANNA HUFFINGTON ~

LESSONS LEARNED:

WINS:

☀

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

“

If find that the harder I work, the more luck I seem to have.

~ THOMAS JEFFERSON ~

”

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☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

BEST
SELF

LESSONS LEARNED:

WINS:

“

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

”

~ ARISTOTLE ~

CO

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

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LESSONS LEARNED:

(Opportunities for improvement)

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WINS:

(Brag zone)

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This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

BEST
SELF

LESSONS LEARNED:

WINS:

“
If you want to make a permanent change, stop focusing on the size of your problems and start focusing on the size of you!
”
~ T. HARVEKER ~

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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LESSONS LEARNED:

(Opportunities for improvement)

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WINS:

(Brag zone)

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This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

TODAY'S TARGETS:

(What will make today a win for you?)

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3.

BEST
SELF

LESSONS LEARNED:

WINS:

“

Start where you are. Use what you have. Do what you can.

”

~ ARTHUR ASHE ~

(Opportunities for improvement)

(Brag zone)

☀

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

2.

3.

BEST
SELF

LESSONS LEARNED:

WINS:

“

*When I hear somebody sigh, ‘Life is hard,’
I am always tempted to ask, ‘Compared to what?’*

”

~ SYDNEY HARRIS ~

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☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

2.

3.

BEST
SELF

LESSONS LEARNED:

WINS:

“

Progress has little to do with speed, but much to do with direction.

”

~ AUTHOR UNKNOWN ~

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☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

BEST
SELF

LESSONS LEARNED:

WINS:

“

I do not know the word ‘quit.’ Either I never did, or I have abolished it.

”

~ SUSAN BUTCHER ~

Opportunities for improvement

Brag zone

☀

This morning I am grateful for...

1.

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MY GOAL:

TODAY'S TARGETS:

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2.

3.

TONIGHT I AM GRATEFUL FOR...

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3.

MY GOAL:

TODAY'S TARGETS:

(What will make today a win for you?)

***A creative man is motivated by the desire to achieve,
not by the desire to beat others.***

~ AYN RAND ~

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Bragg zone)

This morning I am grateful for...

Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

TODAY'S TARGETS:

(What will make today a win for you?)

1.
2.
3.

BEST
SELF

“
Your time is limited, so don't waste it living someone else's life.
”

LESSONS LEARNED:

WINS:

~ STEVE JOBS ~

(Opportunities for improvement)

(Brag zone)

☀

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

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BEST
SELF

LESSONS LEARNED:

WINS:

.co

“

Each day I look for a kernel of excitement. In the morning, I say:
“What is my exciting thing for today?” Then I do the day.

~ BARBARA JORDAN ~

”

LESSONS LEARNED:

(Opportunities for improvement)

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WINS:

(Brag zone)

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This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

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BEST
SELF

LESSONS LEARNED:

WINS:

“

Amateurs sit and wait for inspiration,
the rest of us just get up and go to work.

”

~ STEPHEN KING ~

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This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

.co

Wonder just enough, then go do.

~ BERNADETTE JIWA ~

(Opportunities for improvement)

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

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BEST
SELF

LESSONS LEARNED:

WINS:

“

*I am not a product of my circumstances.
I am a product of my decisions.*

”

~ STEPHEN COVEY ~

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This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

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BEST
SELF

LESSONS LEARNED:

WINS:

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“

The trouble with not having a goal is that you can spend your life running up and down the field and never score.

~ BILL COPELAND ~

”

(Opportunities for improvement)

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(Brag zone)

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This morning I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

TODAY'S TARGETS: (What will make today a win for you?)

1.
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3.

Abandon anything about your life and habits that might be holding you back. Learn to create your own opportunities.

~ SOPHIA AMORUSO ~

”

LESSONS LEARNED: (Opportunities for improvement)

WINS: (Brag zone)



This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

BEST
SELF

LESSONS LEARNED:

WINS:

Timing, perseverance, and ten years of trying will eventually make you look like an overnight success.
~ BIZ STONE ~

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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LESSONS LEARNED:

(Opportunities for improvement)

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WINS:

(Brag zone)

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This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

TODAY'S TARGETS:

(What will make today a win for you?)

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LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)

BEST
SELF

“Leadership is the expectation that you can use your voice for good.
That you can make the world a better place.”

~ SHERYL SANDBERG ~

LESSONS LEARNED:

WINS:

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This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

“

The successful warrior is the average man, with laser-like focus.

”

~ BRUCE LEE ~

(Opportunities for improvement)

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

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DAILY REFLECTION

BEST
SELF

LESSONS LEARNED:

WINS:

“

This one step – choosing a goal and sticking to it – changes everything.

~ SCOTT REED ~

”

(Opportunities for improvement)

(Brag zone)



This morning I am grateful for...

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MY GOAL:

TODAY'S TARGETS:

(What will make today a win for you?)

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

BEST
SELF

LESSONS LEARNED:

WINS:

“Enthusiasm is the energy and force that builds literal momentum of the human soul and mind.”
~ BRYANT H. MCGILL ~

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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LESSONS LEARNED:

(Opportunities for improvement)

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WINS:

(Brag zone)

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This morning I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

“

It's not about ideas. It's about making ideas happen.

”

~ SCOTT BELSKY ~

(Opportunities for improvement)

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

TODAY'S TARGETS:

(What will make today a win for you?)

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*Though no one can go back and make a brand new start,
anyone can start from now and make a brand new ending.*

~ CARL BARD ~

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

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DAILY REFLECTION

MY GOAL:

TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

“

Nothing will ever be attempted if all possible objections must first be overcome.

”

~ SAMUEL JOHNSON ~

(Opportunities for improvement)

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

“

The best time to plant a tree was 20 years ago.

The second best time is now.

~ CHINESE PROVERB ~

”

(Opportunities for improvement)

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

BEST
SELF

LESSONS LEARNED:

WINS:

“

Those who do not move, do not notice their chains.

”

~ ROSA LUXEMBURG ~

LEARNED:

OPPORTUNITIES FOR IMPROVEMENT:

WINS:

BRAG ZONE:

☀️

This morning I am grateful for...

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MY GOAL:

TODAY'S TARGETS:

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LESSONS LEARNED:

OPPORTUNITIES FOR IMPROVEMENT:

WINS:

BRAG ZONE:

🌙

Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

TODAY'S TARGETS: (What will make today a win for you?)

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On a regular basis if you're trying to produce something, I think you should work every day and set achievable goals.

~ CHRIS BOHJALIAN ~

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)



This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

BEST
SELF

LESSONS LEARNED:

WINS:

Don't waste a single second. Just move forward as fast as you can, and go for it.

~ REBECCA WOODCOCK ~

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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LESSONS LEARNED:

(Opportunities for improvement)

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WINS:

(Brag zone)

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This morning I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

“

*I learned that we can do anything, but we can't do everything...
at least not at the same time.*

”

~ DAN MILLMAN ~

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☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

BEST
SELF

LESSONS LEARNED:

WINS:

“

Every artist was first an amateur.

~ RALPH WALDO EMERSON ~

”

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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LESSONS LEARNED:

(Opportunities for improvement)

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WINS:

(Brag zone)

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This morning I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

BEST
SELF

LESSONS LEARNED:

WINS:

“
Much of the stress that people feel doesn’t come from having too much to do. It comes from not finishing what they started.”
~ DAVID ALLEN ~

MY GOAL:

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TODAY’S TARGETS:

(What will make today a win for you?)

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LESSONS LEARNED:

(Opportunities for improvement)

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WINS:

(Brag zone)

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This morning I am grateful for...

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Tonight I am grateful for...

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(What will make today a win for you?)

LESSONS LEARNED:

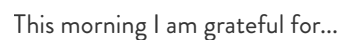
I am always more interested in what I am about to do than what I have already done.

~ RACHEL CARSON ~

(Opportunities for improvement)

WINS:

(Bragg zone)



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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

“

Your goal should be just out of reach, but not out of sight.

~ DENIS WAITLEY AND REMI WITT ~

”

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☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

“

Nothing is less productive than to make more efficient what should not be done at all.

”

~ PETER DRUCKER ~

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☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

TODAY'S TARGETS:

(What will make today a win for you?)

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3.

*You have brains in your head. You have feet in your shoes.
You can steer yourself, any direction you choose.*

~ DR. SEUSS ~

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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This morning I am grateful for...

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(What will make today a win for you?)

~ PAUL VALERY ~

(Opportunities for improvement)

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

2.

3.

BEST
SELF

LESSONS LEARNED:

WINS:

“Plans are nothing, planning is everything.”

~ DWIGHT D. EISENHOWER ~

(Opportunities for improvement)

(Brag zone)

☀️

This morning I am grateful for...

1.

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🌙

Tonight I am grateful for...

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NOTES + IDEAS

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DAILY REFLECTION

MY GOAL:

TODAY'S TARGETS:

(What will make today a win for you?)

1.

2.

3.

BEST
SELF

LESSONS LEARNED:

WINS:

Only put off until tomorrow what you are willing
to die having left undone.

~ PABLO PICASSO ~

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

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BEST
SELF

LESSONS LEARNED:

WINS:

.co

Life-fulfilling work is never about the money - when you feel true passion for something, you instinctively find ways to nurture it.

~ EILEEN FISHER ~

”

(Opportunities for improvement)

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

BEST
SELF

LESSONS LEARNED:

WINS:

“

*If you want to accomplish the goals of your life,
you have to begin with the spirit.*

”

~ OPRAH WINFREY ~

LEARNED:

OPPORTUNITIES FOR IMPROVEMENT:

WINS:

BRAG ZONE:

☀️

This morning I am grateful for...

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MY GOAL:

TODAY'S TARGETS:

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LESSONS LEARNED:

WINS:

TONIGHT I AM GRATEFUL FOR...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

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3.

BEST
SELF

LESSONS LEARNED:

WINS:

“

With the new day comes new strength and new thoughts.

”

~ ELEANOR ROOSEVELT ~

(Opportunities for improvement)

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

TODAY'S TARGETS:

(What will make today a win for you?)

1.
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BEST
SELF

LESSONS LEARNED:

WINS:

“

Know what you want, work to get it, then value it once you have it.

”

~ NORA ROBERTS ~

(Opportunities for improvement)

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

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Amazing how we can light tomorrow with today.

~ ELIZABETH BARRETT BROWNING ~

”

(Opportunities for improvement)

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(Brag zone)

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☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

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BEST
SELF

LESSONS LEARNED:

WINS:

“

It's not always that we need to do more but rather that we need to focus on less.

”

~ NATHAN W. MORRIS ~

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☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

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BEST
SELF.co

LESSONS LEARNED:

WINS:

*First say to yourself what you would be;
and then do what you have to do.*

~ EPICETUS ~

(Opportunities for improvement)

☀

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

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BEST
SELF

LESSONS LEARNED:

WINS:

“

Don't wait. The time will never be just right.

”

~ NAPOLEON HILL ~

(Opportunities for improvement)

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

“

I never dreamed about success. I worked for it.

”

~ ESTEE LAUDER ~

(Opportunities for improvement)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

BEST
SELF

LESSONS LEARNED:

WINS:

“

*The more you eliminate the inefficient use of information,
the better it is for productivity.*

”

~ MITCH KAPOR ~

LEARNED:

WINS:

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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LESSONS LEARNED:

(Opportunities for improvement)

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WINS:

(Brag zone)

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☀️

This morning I am grateful for...

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Tonight I am grateful for...

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BEST

To think too long about

LESSONS LEARNED:

SELF.co

WINS:

(What will make today a win for you?)

LESSONS LEARNED:

WINS:

Wins	Number of Teams
20	1
19	2
18	3
17	4
16	5
15	6
14	7
13	8
12	9
11	10
10	11
9	12
8	13
7	14
6	15
5	16
4	17
3	18
2	19
1	20

To think too long about doing a thing often becomes its undoing.

~ EVA YOUNG ~

(Opportunities for improvement)

(Brag zone)

This morning I am grateful for...

Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

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BEST
SELF

LESSONS LEARNED:

WINS:

“

Sometimes, things may not go your way, but the effort should be there every single night.

”

~ MICHAEL JORDAN ~

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☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

“

Start by doing what's necessary, then do what's possible;
and suddenly you are doing the impossible.

”

~ FRANCIS OF ASSISI ~

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☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

“

Every achievement, big or small, begins in your mind.

”

~ MARY KAY ASH ~

(Opportunities for improvement)

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

“

Productivity is being able to do things that
you were never able to do before.

~ FRANZ KAFKA ~

”

(Opportunities for improvement)

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(Brag zone)

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This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

.co

“

How soon ‘not now’ becomes ‘never.’

~ MARTIN LUTHER ~

”

LESSONS LEARNED:

(Opportunities for improvement)

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WINS:

(Brag zone)

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This morning I am grateful for...

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Tonight I am grateful for...

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This morning I am grateful for...

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(What will make today a win for you?)

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~ GEORGE LORIMER ~

(Opportunities for improvement)

(Brag zone)

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

“

The secret of getting ahead is getting started.

”

~ MARK TWAIN ~

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This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

“

Without hard work, nothing grows but weeds.

”

~ GORDON B. HINCKLEY ~

(Opportunities for improvement)

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

“

You control your own wins and losses.

~ MARIA SHARAPOVA ~

”

(Opportunities for improvement)

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

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BEST
SELF

LESSONS LEARNED:

WINS:

“

We can do anything we want to do if we stick to it long enough.

”

~ HELEN KELLER ~

(Opportunities for improvement)

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

BEST
SELF

LESSONS LEARNED:

WINS:

“

Commitment leads to action.
Action brings your dream closer.

~ MARCIA WIEDER ~

”

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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LESSONS LEARNED:

(Opportunities for improvement)

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WINS:

(Brag zone)

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This morning I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

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BEST
SELF

LESSONS LEARNED:

WINS:

“

The world is but a canvas to the imagination.

~ HENRY DAVID THOREAU ~

”

(Opportunities for improvement)

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

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BEST
SELF

LESSONS LEARNED:

WINS:

.co

If you're bored with life — you don't get up every morning with a burning desire to do things — you don't have enough goals.

~ LOU HOLTZ ~

LESSONS LEARNED:

(Opportunities for improvement)

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WINS:

(Brag zone)

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☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

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DAILY REFLECTION

MY GOAL:

TODAY'S TARGETS: (What will make today a win for you?)

1.
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3.

Aim at the sun, and you may not reach it; but your arrow will fly far higher than if aimed at an object on a level with yourself.

~ J. HOWES ~

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)

☀️

This morning I am grateful for...

1.

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Tonight I am grateful for...

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A friendly Reminder

2 Weeks Notice


You have only two weeks left of the SELF journal left to complete.

How close are you to achieving your goal?

Have you started thinking about the next one?

To continue your daily-action plan we recommend that you order
your new SELF journal from our website:

BestSelf.Co



This morning I am grateful for...

1.

2.

3.

(What will make today a win for you?)

1.
2.
3.

Resist your time - take a foothold outside of it.

~ LORD ACTON ~

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)

Tonight I am grateful for...

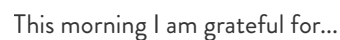
(What will make today a win for you?)

Give me a stock clerk with a goal and I'll give you a man who will make history. Give me a man with no goals and I'll give you a stock clerk.

~ J.C. PENNY ~

(Opportunities for improvement)

(Bragg zone)



Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

.co

LESSONS LEARNED:

WINS:

I have been impressed with the urgency of doing. Knowing is not enough, we must apply. Being willing is not enough; we must do.

~ LEONARDO DA VINCI ~

”

(Opportunities for improvement)

(Brag zone)

☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

BEST
SELF

LESSONS LEARNED:

WINS:

“

A goal is not always meant to be reached, it often serves simply as something to aim at.

”

~ BRUCE LEE ~

LEARNED:

OPPORTUNITIES FOR IMPROVEMENT:

WINS:

BRAG ZONE:

☀️

This morning I am grateful for...

1.

2.

3.

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

1.

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LESSONS LEARNED:

(Opportunities for improvement)

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WINS:

(Brag zone)

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Tonight I am grateful for...

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

TODAY'S TARGETS:

(What will make today a win for you?)

1.
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3.

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)

BEST
SELF

“
*Nobody ever wrote down a plan to be broke, fat, lazy, or stupid.
Those things are what happen when you don't have a plan.*
”

~ LARRY WINGET ~

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☀️

This morning I am grateful for...

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Tonight I am grateful for...

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NOTES + IDEAS

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

“

Either you run the day or the day runs you.

”

~ JIM ROHN ~

(Opportunities for improvement)

(Brag zone)

☀️

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Tonight I am grateful for...

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This morning I am grateful for...

(What will make today a win for you?)

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~ KIM GARST ~

(Opportunities for improvement)

(Brag zone)

Tonight I am grateful for...



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NOTES + IDEAS

MY GOAL:

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TODAY'S TARGETS:

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BEST
SELF

LESSONS LEARNED:

WINS:

“

Goal setting is the core of existence that defines life.

~ JOANNE BONOMI ~

”

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This morning I am grateful for...

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(What will make today a win for you?)

~ KAREN LAMB ~

(Opportunities for improvement)

(Brag zone)

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NOTES + IDEAS

DAILY REFLECTION

BEST
SELF

LESSONS LEARNED:

WINS:

“

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

~ JOHANN WOLFGANG VON GOETHE ~

”

LEARNED:

WINS:

MY GOAL:

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TODAY'S TARGETS:

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LEARNED:

(Opportunities for improvement)

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WINS:

(Brag zone)

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

“

One part at a time, one day at a time, we can accomplish any goal we set for ourselves.

~ KAREN CASEY ~

”

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☀️

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NOTES + IDEAS

DAILY REFLECTION

BEST
SELF

LESSONS LEARNED:

WINS:

“

Things do not happen. Things are made to happen.

”

~ JOHN F. KENNEDY ~

(Opportunities for improvement)

(Brag zone)

MY GOAL:

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NOTES + IDEAS

DAILY REFLECTION

MY GOAL:

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TODAY'S TARGETS:

(What will make today a win for you?)

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BEST
SELF

LESSONS LEARNED:

WINS:

“

*The significance of a man is not in what he attains
but in what he longs to attain.*

”

~ KAHILIL GIBRAN ~

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NOTES + IDEAS

DAILY REFLECTION

BEST
SELF

LESSONS LEARNED:

WINS:

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MY GOAL:

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(What will make today a win for you?)

1.

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3.

“

Each minute is a little thing, and yet, with respect to our personal productivity, to manage the minute is the secret of success.

~ JOSEPH B. WIRTHLIN ~

”

LESSONS LEARNED:

(Opportunities for improvement)

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WINS:

(Brag zone)

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☀

This morning I am grateful for...

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Congratulations

...you did it!

You deserve a pat on the back. Nice work! You completed your first SELF journal, how does it feel?

If you have some time, grab a coffee, and take a look back over the journal to see how far you've come. Take note of the lessons you've learned and your personal wins. You've hit a milestone!

You've been intentional in planning your day and defining your goals for the past 13 weeks!

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Effects of Constructive Worry, Imagery Distraction, and Gratitude Interventions on Sleep Quality: A Pilot Trial. Applied Psychology: Health and Well-Being, Nancy Digidon and Amy Koble (2011)

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"New Directions in Goal-Setting Theory," Current Directions in Psychological Science 15, no. 5 (2006). Edwin Locke and Gary Latham.



















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