

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. It's broken down into 30-minute segments that allow you to carefully optimize your day from sunrise to sunset. Leave ZERO white space on the planner so that you have no unaccounted time. This may sound overwhelming at first as your calendar will be full, but it will allow you to maximize the amount of time you spend each day on pushing you to your goals. 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 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 wake 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 (MITs). We have limited time and resources, so it's crucial that we spend our time and energy on the right things.

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 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 chat on Facebook? Put a time box around it so that there's no time for procrastination.

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

“
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

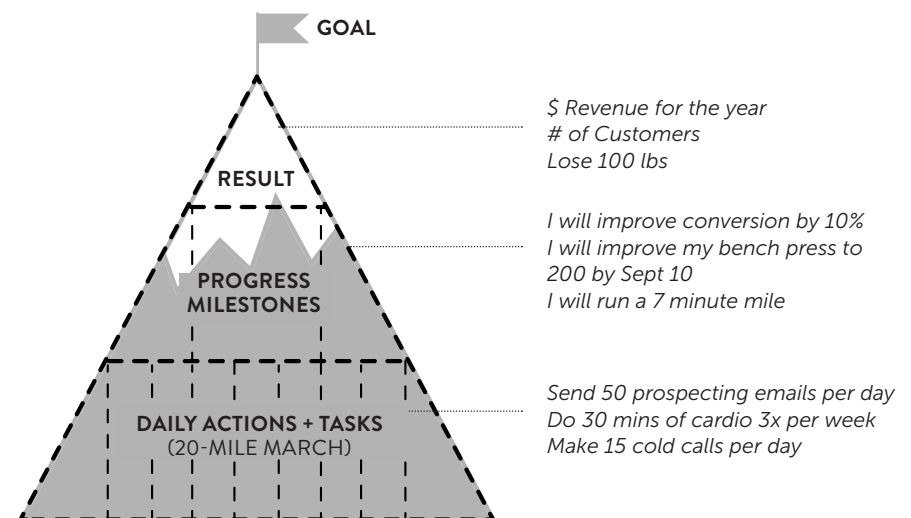
The aviation industry has a guideline known as the 60-to-1 Rule. This rule explains that if you are 1 degree off your designated course, you will miss

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?

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

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

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

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.

MY COMMITMENT

I, ROBERT YATES, commit to completing this goal by:

1 OCTOBER 2016

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

“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:

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.

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

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

A WEEK AWAY WITH MY WIFE TO COSTA RICA

How will you reward yourself when you achieve it?

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

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

Signed

Robert Yates

Date

07.03.16

The Daily Planner

DAY & DATE ----- M T W T F S S 05 / 03 / 2016

DAILY TIMELINE

Segmented into 30 minute slots.

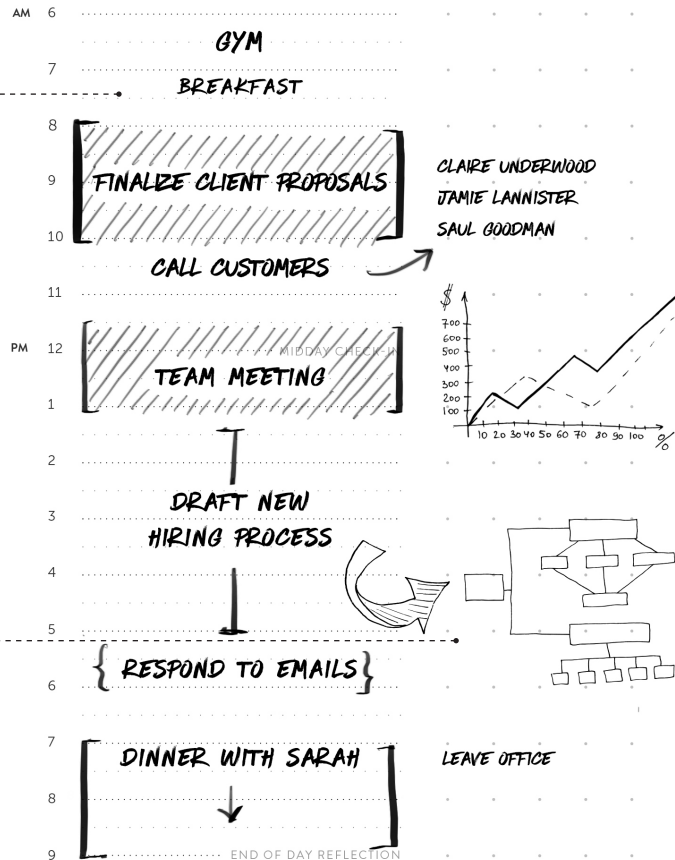
Want to start your day earlier?
We printed the time stamps lightly to give you the freedom to easily overwrite them.

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



This morning I am grateful for...

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

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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

“

I never dreamed about success. I worked for it.

~ ESTÉE LAUDER ~

”

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.

Write the date of the week you're on

WEEK 1: 19TH JUNE 2016

Make creating those habits a little easier by setting a goal for each new practice and recording how you perform throughout the week. Don't forget to reward yourself if you hit all your goals!

HABIT / ACTIVITY	GOAL	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
MEDITATION	6	✓		✓	✓	✓		✓	5
RUNNING	3			✓	✓		✓		3
READING	5		✓		✓	✓		✓	4
YOGA	2	✓		✓			✓		3
WRITING 1000 WORDS	5		✓		✓	✓	✓		4

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

8. 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.

WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

It's important to reflect on your week so that you know what's working for you and what's not. This will ensure you keep moving forward in the right direction.

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

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

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.

WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?

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.

A visual indicator
of your progress
through the journal
and to your goal.

TRACKING:



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

The freedom pages at the back of the SELF Journal (p. 240 - 256) are there to provide you with free space for writing, brainstorming and even sketching ideas. The indentations on the inner binding of each page enable you to detach pages from the journal quickly and easily should you desire.



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.

MY COMMITMENT

I, commit to completing this goal 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

MONTH:

[illegible]

NOTES

[illegible]

NOTES

MONTH:

[illegible]

NOTES

[illegible]

NOTES

MONTH:

[illegible]

NOTES

[illegible]

NOTES

WEEK 1:

[illegible]

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

WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

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 2:

[illegible]

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

WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

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 3:

[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 4:

[illegible]

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

WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

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 5:

[illegible]

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

WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

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 6:

[illegible]

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

WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

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 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?

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?

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:

[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:



WEEK 10:

[illegible]

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

WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

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:



WEEK 11:

[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:



WEEK 12:

[illegible]

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

WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

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:



WEEK 13:

[illegible]

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

WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

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

“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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MIDDAY CHECK-IN

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END OF DAY REFLECTION



This morning I am grateful for...

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2.
3.

MY GOAL:

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TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.
2.
3.

“

*All our dreams can come true
if we have the courage to pursue them.*

~ WALT DISNEY ~

”

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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MIDDAY CHECK-IN

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END OF DAY REFLECTION



This morning I am grateful for...

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3.

MY GOAL:

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.
2.
3.

“

Either you run the day or the day runs you.

~ JIM ROHN ~

”

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)



Tonight I am grateful for...

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MIDDAY CHECK-IN

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END OF DAY REFLECTION

☀️

This morning I am grateful for...

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3.

MY GOAL:

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.

2.

3.

“

Begin to be now what you will be hereafter.

~ WILLIAM JAMES ~

”

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)

Tonight I am grateful for...

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MIDDAY CHECK-IN

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END OF DAY REFLECTION



This morning I am grateful for...

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3.

MY GOAL:

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TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.
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“

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

~ ARTHUR ASHE ~

”

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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MIDDAY CHECK-IN

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END OF DAY REFLECTION



This morning I am grateful for...

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3.

MY GOAL:

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TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.
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“

*Blessed are those who can give without remembering
and take without forgetting.*

~ ANONYMOUS ~

”

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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MIDDAY CHECK-IN

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END OF DAY REFLECTION



This morning I am grateful for...

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3.

MY GOAL:

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.
2.
3.

“

Determine never to be idle. No person will have occasion to complain of the want of time who never loses any.

~ THOMAS JEFFERSON ~

”

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)



Tonight I am grateful for...

1.
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3.



This morning I am grateful for...

MY GOAL:

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment.

~ OPRAH WINFREY ~

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)

Tonight I am grateful for...



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MIDDAY CHECK-IN

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END OF DAY REFLECTION



This morning I am grateful for...

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3.

MY GOAL:

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.
2.
3.

“

Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.

~ DALE CARNEGIE ~

”

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)



Tonight I am grateful for...

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MIDDAY CHECK-IN

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END OF DAY REFLECTION



This morning I am grateful for...

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3.

MY GOAL:

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TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.
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3.

“

Challenges are what make life interesting and overcoming them is what makes life meaningful.

~ JOSHUA J. MARINE ~

”

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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MIDDAY CHECK-IN

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END OF DAY REFLECTION

☀️

This morning I am grateful for...

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MY GOAL:

TODAY'S TARGETS: (Tasks that will move you closer to your goals)

1.

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“

By failing to prepare, you are preparing to fail.

~ BENJAMIN FRANKLIN ~

”

LESSONS LEARNED: (Opportunities for improvement)

WINS: (Brag zone)

Tonight I am grateful for...

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MIDDAY CHECK-IN

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END OF DAY REFLECTION



This morning I am grateful for...

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3.

MY GOAL:

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.
2.
3.

“

*If you do what you've always done,
you'll get what you've always gotten.*

~ TONY ROBBINS ~

”

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)



Tonight I am grateful for...

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MIDDAY CHECK-IN

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END OF DAY REFLECTION

☀️

This morning I am grateful for...

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MY GOAL:

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.

2.

3.

“

Success is the sum of small efforts, repeated day-in and day-out.

~ ROBERT COLLIER ~

”

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)

Tonight I am grateful for...

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MIDDAY CHECK-IN

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END OF DAY REFLECTION



This morning I am grateful for...

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MY GOAL:

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TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.
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“

My best successes came on the heels of failures.

~ BARBARA CORCORAN ~

”

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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MIDDAY CHECK-IN

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END OF DAY REFLECTION

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This morning I am grateful for...

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MY GOAL:

TODAY'S TARGETS: (Tasks that will move you closer to your goals)

1.

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“

Don't let what you cannot do interfere with what you can do.

~ JOHN R. WOODEN ~

”

LESSONS LEARNED: (Opportunities for improvement)

WINS: (Brag zone)

Tonight I am grateful for...

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MIDDAY CHECK-IN

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END OF DAY REFLECTION



This morning I am grateful for...

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MY GOAL:

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TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.
2.
3.

“

***Ever tried. Ever failed. No matter.
Try again. Fail again. Fail better.***

~SAMUEL BECKETT~

”

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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MIDDAY CHECK-IN

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END OF DAY REFLECTION

☀️

This morning I am grateful for...

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3.

MY GOAL:

TODAY'S TARGETS: (Tasks that will move you closer to your goals)

1.

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3.

“

There are no traffic jams along the extra mile.

~ ROGER STAUBACH ~

”

LESSONS LEARNED: (Opportunities for improvement)

WINS: (Brag zone)

Tonight I am grateful for...

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MIDDAY CHECK-IN

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END OF DAY REFLECTION



This morning I am grateful for...

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MY GOAL:

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.
2.
3.

“

Failure is the condiment that gives success its flavor.

~ TRUMAN CAPOTE ~

”

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)



Tonight I am grateful for...

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MIDDAY CHECK-IN

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END OF DAY REFLECTION

☀️

This morning I am grateful for...

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3.

MY GOAL:

TODAY'S TARGETS: (Tasks that will move you closer to your goals)

1.

2.

3.

“

Either write something worth reading
or do something worth writing.

~ BENJAMIN FRANKLIN ~

”

LESSONS LEARNED: (Opportunities for improvement)

WINS: (Brag zone)

Tonight I am grateful for...

☾

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(Tasks that will move you closer to your goals)

(Opportunities for improvement)

(Brag zone)



MY GOAL:

TODAY'S TARGETS:

Definiteness of purpose is the starting point of all achievement.

~ W. CLEMENT STONE ~

LESSONS LEARNED:

WINS:

Tonight I am grateful for...



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MIDDAY CHECK-IN

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END OF DAY REFLECTION

☀️

This morning I am grateful for...

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3.

MY GOAL:

TODAY'S TARGETS: (Tasks that will move you closer to your goals)

1.

2.

3.

“

It is our choices, that show what we truly are, far more than our abilities.

~ J.K ROWLING ~

”

LESSONS LEARNED: (Opportunities for improvement)

WINS: (Brag zone)

Tonight I am grateful for...

☾

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3.



This morning I am grateful for...

MY GOAL:

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow."

~ MARY ANNE RADMACHER ~

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Bragg zone)

Tonight I am grateful for...



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MIDDAY CHECK-IN

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END OF DAY REFLECTION



This morning I am grateful for...

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3.

MY GOAL:

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.
2.
3.

“

Don't let the fear of losing be greater than the excitement of winning.

~ ROBERT KIYOSAKI ~

”

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)



Tonight I am grateful for...

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

~ ANONYMOUS ~

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MIDDAY CHECK-IN

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END OF DAY REFLECTION



This morning I am grateful for...

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3.

MY GOAL:

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.
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3.

“

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 ~

”

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)



Tonight I am grateful for...

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MIDDAY CHECK-IN

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END OF DAY REFLECTION

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This morning I am grateful for...

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MY GOAL:

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

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3.

“

Happiness is not something ready-made.
It comes from your own actions.

~ DALAI LAMA ~

”

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)

Tonight I am grateful for...

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MIDDAY CHECK-IN

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END OF DAY REFLECTION

☀️

This morning I am grateful for...

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MY GOAL:

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.

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3.

“

Great spirits have always encountered violent opposition from mediocre minds.

~ ALBERT EINSTEIN ~

”

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)

Tonight I am grateful for...

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MIDDAY CHECK-IN

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END OF DAY REFLECTION



This morning I am grateful for...

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3.

MY GOAL:

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.
2.
3.

“

*Little minds are tamed and subdued by misfortune;
but great minds rise above it.*

~ WASHINGTON IRVING ~

”

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)



Tonight I am grateful for...

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MIDDAY CHECK-IN

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END OF DAY REFLECTION

☀️

This morning I am grateful for...

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MY GOAL:

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.

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3.

“

Always do your best. What you plant now, you will harvest later.

~ OG MANDINO ~

”

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)

Tonight I am grateful for...

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MIDDAY CHECK-IN

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END OF DAY REFLECTION



This morning I am grateful for...

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MY GOAL:

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TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

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“

*If the wind will not serve,
take to the oars.*

~ LATIN PROVERB ~

”

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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MIDDAY CHECK-IN

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END OF DAY REFLECTION



This morning I am grateful for...

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MY GOAL:

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

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3.

“

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 ~

”

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)



Tonight I am grateful for...

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MIDDAY CHECK-IN

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END OF DAY REFLECTION



This morning I am grateful for...

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MY GOAL:

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.
2.
3.

“

If you are not willing to risk the usual you will have to settle for the ordinary.

~ JIM ROHN ~

”

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)



Tonight I am grateful for...

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MIDDAY CHECK-IN

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END OF DAY REFLECTION



This morning I am grateful for...

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MY GOAL:

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

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3.

“

I've found that luck is quite predictable. If you want more luck, take more chances. Be more active. Show up more often.

~ BRIAN TRACY ~

”

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)



Tonight I am grateful for...

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MIDDAY CHECK-IN

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END OF DAY REFLECTION



This morning I am grateful for...

1.
2.
3.

MY GOAL:

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.
2.
3.

“

*Hope is like the sun, which, as we journey toward it,
casts the shadow of our burden behind us.*

~ SAMUEL SMILES ~

”

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)



Tonight I am grateful for...

1.
2.
3.



TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

If you have the guts to keep making mistakes, your wisdom and intelligence leap forward with huge momentum.

~ HOLLY NEAR ~

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)

Tonight I am grateful for...



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MIDDAY CHECK-IN

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END OF DAY REFLECTION



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MY GOAL:

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TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.
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3.

“

Don't be afraid to give up the good to go for the great.

~ JOHN D. ROCKEFELLER ~

”

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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MIDDAY CHECK-IN

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3.

MY GOAL:

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.

2.

3.

“

Nothing will work unless you do.

~ MAYA ANGELOU ~

”

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)

Tonight I am grateful for...

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MIDDAY CHECK-IN

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MY GOAL:

TODAY'S TARGETS: (Tasks that will move you closer to your goals)

1.

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3.

“

If you don't value your time, neither will others.
Stop giving away your time and talents—start charging for it.

~ KIM GARST ~

”

LESSONS LEARNED: (Opportunities for improvement)

WINS: (Brag zone)

Tonight I am grateful for...

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*Infuse your life with action. Don't wait for it to happen.
Make it happen. Make your own future.*

~ BRADLEY WHITFORD ~

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“

*Successful people do what unsuccessful people are not willing to do.
Don't wish it were easier; wish you were better.*

~ JIM ROHN ~

”

LESSONS LEARNED:

(Opportunities for improvement)

WINS:

(Brag zone)



Tonight I am grateful for...

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MY GOAL:

TODAY'S TARGETS: (Tasks that will move you closer to your goals)

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“

If you can't explain it simply,
you don't understand it well enough.

~ ALBERT EINSTEIN ~

”

LESSONS LEARNED: (Opportunities for improvement)

WINS: (Brag zone)

Tonight I am grateful for...

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MY GOAL:

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TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.
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“

*The truth will set you free,
but first it will piss you off.*

~ GLORIA STEINEM ~

”

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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MY GOAL:

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TODAY'S TARGETS:

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“

*It's hard to wait around for something you know might never happen;
but its harder to give up when you know its everything you want.*

~ ANONYMOUS ~

”

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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(Tasks that will move you closer to your goals)

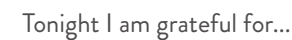
A real entrepreneur is somebody who has no safety net underneath them.

~ HENRY KRAVIS ~

LESSONS LEARNED:

(Opportunities for improvement)

(Brag zone)



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MY GOAL:

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TODAY'S TARGETS:

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“

If you're going through hell, keep going.

~ WINSTON CHURCHILL ~

”

LESSONS LEARNED:

(Opportunities for improvement)

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WINS:

(Brag zone)

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“

Life is 10% what happens to me and 90% how I react to it.

~ CHARLES SWINDOLL ~

”

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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*Just when the caterpillar thought the world was ending,
he turned into a butterfly.*

~ PROVERB ~

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TODAY'S TARGETS:

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“

Men's best successes come after their disappointments.

~ HENRY WARD BEECHER ~

”

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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(Tasks that will move you closer to your goals)

(Opportunities for improvement)

(Brag zone)

2 Weeks Notice

How close are you to achieving your goal?

Have you started thinking about the next one?

BestSelf.Co

Life is not about finding yourself. Life is about creating yourself.

~ LOLLY DASKAL ~

Everybody has their own Mount Everest they were put on this earth to climb.

~ SETH GODIN ~

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MY GOAL:

TODAY'S TARGETS: (Tasks that will move you closer to your goals)

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2.

3.

“*Always work hard. Intensity clarifies. It creates not only momentum, but also the pressure you need to feel either friction, or fulfillment.*”

~ MARCUS BUCKINGHAM ~

LESSONS LEARNED: (Opportunities for improvement)

WINS: (Brag zone)

Tonight I am grateful for...

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MY GOAL:

TODAY'S TARGETS: (Tasks that will move you closer to your goals)

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“

People rarely succeed unless they have fun in what they are doing.

~ DALE CARNEGIE ~

”

LESSONS LEARNED: (Opportunities for improvement)

WINS: (Brag zone)

Tonight I am grateful for...

☾

1.

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*Perseverance is not a long race;
it is many short races one after the other.*

~ WALTER ELLIOT ~

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MY GOAL:

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.....

TODAY'S TARGETS:

(Tasks that will move you closer to your goals)

1.
2.
3.

“

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.

~ THOMAS EDISON ~

”

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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3.

*Great minds discuss ideas; average minds discuss events;
small minds discuss people.*

~ELEANOR ROOSEVELT~



*Success is liking yourself, liking what you do,
and liking how you do it.*

~ MAYA ANGELOU ~

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!

References

1. GRATITUDE

Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life, Robert A. Emmons and Michael E. McCullough (2003)

2. WILLPOWER IS A FINITE RESOURCE.

Ego Depletion: Is the Active Self a Limited Resource?, Roy E Baumeister, Ellen Bratslavsky, Mark Muraven, and Dianne M. Tice

3. PEACEFUL SLEEP

Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life, Robert A. Emmons and Michael E. McCullough. Journal of Personality and Social Psychology (2003)

4. GRATEFUL THOUGHTS

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

5. GOAL SETTING

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

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 18 - 23, 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. **This template is for those of you who are wanting to work on more than one goal (for example business, health and personal).**

MY COMMITMENT

I,, will commit to completing this goal by:

.....

“

You cannot change your destination overnight, but you can change your direction overnight.

~ JIM ROHN ~

”

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

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 18 - 23, 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. **This template is for those of you who are wanting to work on more than one goal (for example business, health and personal).**

MY COMMITMENT

I,, will commit to completing this goal by:

.....

“

*Life is short, fragile and does not wait for anyone. There will
NEVER be a perfect time to pursue your dreams and goals.*

~ UNKNOWN ~

”

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:

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

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