

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



### **CONTENTS**

THE COMMUNITY	6
SELF JOURNAL CHEAT SHEET	7
6 PRINCIPLES OF THE SELF JOURNAL	8
THE 20-MILE MARCH	10
THE MORNING ROUTINE	12
THE EVENING ROUTINE	16
THE 13-WEEK ROADMAP	18
DAILY PAGES	24
REFLECTION & TRACKING	26
YOUR 13-WEEK ROADMAP	28
MONTHLY CALENDARS	30
WEEKLY TRACKING	36
YOUR JOURNAL	50
CONGRATULATIONS REFERENCES 13-WEEK ROADMAP (ADDITIONAL)	234 235 236
NOTES & IDEAS	240

# 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

### ...aud 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 "inbetween" 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**

### ...aud the road to greatuess.

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

...aud 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.<sup>1</sup> 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 we and has taught we so wuch about wyself
- 2. Waking up today feeling healthy, happy, and free to live my life
- 3. My job that allows we 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.<sup>2</sup> 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.

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 ~

### **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.

# 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.<sup>3</sup>

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.<sup>4</sup>

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%.<sup>5</sup> 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 me "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.



\$ Revenue for the year # of Customers Lose 100 lbs

I will improve conversion by 10% I will improve my bench press to 200 by Sept 10 I will run a 7 minute mile

Send 50 prospecting emails per day Do 30 mins of cardio 3x per week Make 15 cold calls per day

### 13-Week Roadmap

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

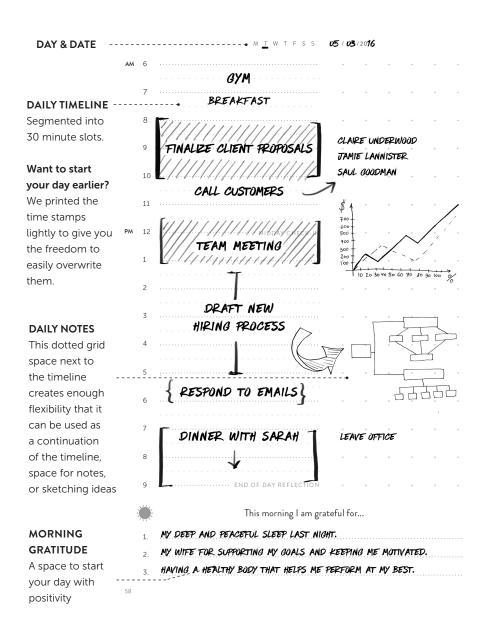
For tracking multiple goals (e.g. personal, business, health) we have placed two more 13-Week Roadmap templates in the back of this SELF Journal on pages 236 - 239.

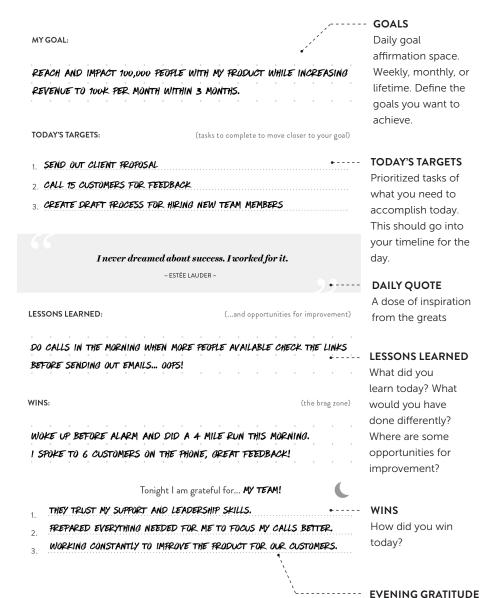
MY COMMITMENT

#### RESULT What big goal 13-WEEK ROADMAP do you want to achieve in the next RESULT GOAL: 13 weeks? Why is HIT 200K IN REVENUE WITH THE NEXT PRODUCT LAUNCH this important to you? This end result goal is very important for me to achieve because I HAVE CREATED A PRODUCT THAT WILL POSITIVELY IMPACT MANY PEOPLE PROGRESS -PROGRESS GOALS: In what ways 1 WILL IMPROVE MY SALES CONVERSION BY 15/. do you need to 2 I WILL IMPROVE MY WEBSITE TRAFFIC BY 20%. progress and Z I WILL INCREASE MY EMAIL LIST BY 10,000 SUBSCRIBERS advance your abilities or metrics to reach this goal? **ACTIONS + TASKS:** Based on Progress Goal #1: ACTIONS --SEND OUT 15 PROSPECTING EMAILS PER DAY Based on your MAKE 10 COLD CALLS PER DAY progress goals, HIRE A SALES ASSISTANT TO SET UP SALES CALLS what do you need to do on a day-to-Based on Progress Goal #2: day basis to ensure CREATE AN EDITORIAL AND SOCIAL MEDIA CALENDAR you are hitting the performance goals HIRE 1 CONTENT CREATOR AND WRITER you've set? CREATE OUTREACH PROCESS TO CONTACT 10 BLOGGERS PER WEEK These goals are Based on Progress Goal #3: what will be going HIRE A COPYMPITER FOR EMAIL CAMPAIGNS AND LANDING PAGES into your daily RUN A GIVEAWAY TO COLLECT EMAILS planner. . TAKE COURSE ON LEARNING FACEBOOK ADS

Y COMMITMENT	
<b>POBERT YATES</b> , commit to completing this goal by:  ◆ -	Make a
1 OCTOBER 2016	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 ~	Why do you want
** PABLO PICASSO **	to hit this goal?
When I achieve this goal, my life will improve in the following ways:	What difference
	will it make in
I CAN QUIT MY CONSULTING TOB WHICH I DON'T ENTOY. I'M EXCITED TO	your life? What
CREATE SOMETHING THAT WILL ALLOW ME TO SPEND MORE TIME WITH	. opportunities witt
	How will you reward yourself
If I complete this goal by my target date, I will reward myself with:	How will you
A WEEK AWAY WITH MY WIFE TO COSTA RICA	when you achieve
	it?
will do the following three things to ensure that I will use my SELF Journal to take action on these goals every day:	
keep journal on bedside to Plan Daily tasks the night befo	RE
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
	place to create
	a habit of using
Signed Robertmy ates 07.03.16	a habit of using this journal to
Signed Robertm ates Date 07.03.16	a habit of using

# The Daily Planner





24

A space to end your

day with positivity.

### Reflection & Tracking

... creating good habits and reviewing progress.

### **DATE TRACKING**

LIABIT TRACK

Write the date of the week you're on

### WEEK 1: 19TH JUNE 2016

HABII IRACK
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	· · · · · · · · · · · · · · · · · · ·	<b>/</b>	<b>√</b>		<b>&lt;</b>	• • • • • • • • • • • • • • • • • • • •	3
READING	5	<b>√</b>		<b>✓</b>	<b>√</b>		<b>√</b>	4
YOGA	2 🗸		<b>/</b>			/		3
WRITING 1000 WORDS	5	<b>/</b>		<b>~</b>	~	~		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?

#### REFLECTION

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!
- 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 I OR 2 DAYS PER WEEK SO. I CAN FOCUS. ON IMPORTANT PRODUCT OUTPUT FOR THE REST OF THE TIME.

### YOU'RE HERE -

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

TRACKING:

















### **Freedom Pages**

... 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.



13-WEEK ROADMAP

RESULT GOAL:	MY COMMITMENT		
This end result goal is very important for me to achieve because	l, commit to completing this goal by:		
	Our goals can only be reached through a rebiele of a blan		
PROGRESS GOALS:	in which we must fervently believe, and upon which we must		
1	vigorously act. There is no other route to success.		
3.	~ PABLO PICASSO ~		
<del>9.</del>	When I achieve this goal, my life will improve in the following ways:		
ACTIONS + TASKS:			
Based on Progress Goal #1:			
1			
2			
3	If I complete this goal by my target date, I will reward myself with:		
Based on Progress Goal #2:			
4	I will do the following three things to ensure that I will use my SELF Journal to take		
5	action on these goals every day:		
6	1		
Based on Progress Goal #3:	2		
7	3		
8			
9			
The 13-Week Roadmap goal-setting process is described in pages 22 - 26, this process helps you set smart goals	Signed Date		

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.

### **MONTH:**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	· · ·		
NOTES			

THURSDAY	FRIDAY	SATURDAY	TASKS
			: 
			• • •
			• • •
			• • •
		: : : :	
		:	· · · · · · · · · · · · · · · · · · ·
	NOTES		

### **MONTH:**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	NOTES		

THURSDAY	FRIDAY	SATURDAY	TASKS
			• • •
	•		
	•		
			• • •
			• • •
,	NOTES		

### **MONTH:**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	NOTES		

THURSDAY	FRIDAY	SATURDAY	TASKS
			• • •
			• • •
			• • •
		• • •	
			• • •
	NOTES		

WEEK 1:	WEEK 2:
HABIT / ACTIVITY GOAL MON TUE WED THU FRI SAT SUN TOTAL	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?	ON A SCALE OF 1-10, HOW HAPPY WERE YOU THIS WEEK AND WHY?
WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?	WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?
1	1
2	2
3	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?	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?	WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?
TRACKING: 1 2 3 4 5 6 7 8 9 10 11 12 13	TRACKING: 1 2 3 4 5 6 7 8 9 10 11 12 13

WEEK 3:	WEEK 4:
HABIT / ACTIVITY GOAL MON TUE WED THU FRI SAT S	UN TOTAL 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?	ON A SCALE OF 1-10, HOW HAPPY WERE YOU THIS WEEK AND WHY?
WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?	WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?
1	1
2	2
3	3
REVIEW YOUR GOAL AND ASSESS YOUR PROGRESS. DID YOU SPEN TIME ON THE RIGHT THINGS? IF NOT HOW WILL YOU IMPROVE NEX	
WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?	WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?

TRACKING:

WEEK 5:	WEEK 6:
HABIT / ACTIVITY GOAL MON TUE WED THU FRI SAT SUN TOTAL	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?	ON A SCALE OF 1-10, HOW HAPPY WERE YOU THIS WEEK AND WHY?
WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?	WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?
1	1
2	2
3	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?	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?	WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?
TRACKING: 1 2 3 4 5 6 7 8 9 10 11 12 13	TRACKING: 1 2 3 4 5 6 7 8 9 10 11 12 13

WEEK 7:	WEEK 8:
HABIT / ACTIVITY GOAL MON TUE WED THU FRI SAT SUN TOTAL	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?	ON A SCALE OF 1-10, HOW HAPPY WERE YOU THIS WEEK AND WHY?
WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?	WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?
1	1
2	2
3.	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?	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?	WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?
TRACKING: 10 20 30 40 50 60 70 80 90 100 110 120 130	TRACKING: 10 20 30 40 50 60 70 80 90 100 110 112 113

WEEK 9:	<b>WEEK 10:</b>
HABIT / ACTIVITY GOAL MON TUE WED THU FRI SAT SUN TOTAL	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?	ON A SCALE OF 1-10, HOW HAPPY WERE YOU THIS WEEK AND WHY?
WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?	WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?
1	1
2	2
3	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?	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?	WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?
TRACKING: 0 0 0 0 0 0 0 0 0	TRACKING: 1 0 0 0 0 0 0 0 0 0

WEEK 11:	WEEK 12:
HABIT / ACTIVITY GOAL MON TUE WED THU FRI SAT SUN TOTAL	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?	ON A SCALE OF 1-10, HOW HAPPY WERE YOU THIS WEEK AND WHY?
WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?	WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?
1	1
2	2
3.	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?	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?	WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?
TRACKING: 1 2 3 4 5 6 7 8 9 10 11 12 13	TRACKING: 1 2 3 4 5 6 7 8 9 10 11 12 13

### **WEEK 13:**

HA	BIT /	ACTI'	VITY		G	OAL	MON	TUE	WED	THU	FRI	SAT	SUN	TOT	ΓAL
• • • •							• • • • • • • • • • • • • • • • • • • •	••••							
••••															
10	I A S	CALE	OF	1-10,	ном	√ HA	PPY W	/ERE	YOU TI	HIS W	EEK AI	ND WH	łY?		
۰	٠	٠	٠	٠		٠				٠	٠				٠
٠	٠	٠	٠	٠	۰	٠	٠			٠	0		٠	٠	٠
٠	٠	٠		٠	٠	٠	٠			٠	٠		٠	٠	٠
٠	٠	٠	٠	٠	٠	٠	٠			٠	٠		٠	٠	٠
WI	TAF	WER	E YO	UR 3	BIG	WIN	s for	THE	WEEK?	?					
1.															
2.															
3.															<b>.</b>
												OU SP			
117	VIL C	/IN II	IL KI	GIII	11111	103.							ILXI V	, LLK	•
٠	٠	٠	٠	٠	٠	٠							•	٠	۰
٠	٠	۰	٠	٠	۰	٠	٠				0	• •	٠	٠	٠
•	٠	٠	٠	•	٠	٠	٠	•		•	٠		•	٠	٠
WI	TAH	WAS	THE	BIGG	GEST	LESS	SON Y	OU LE	ARNE	D THI	S WEE	K?			
		٠	٠	٠		٠				٠	٠				٠
	٠	٠	٠	٠	٠	٠				٠	٠		٠	٠	٠
	٠	٠	٠	٠	٠	٠	٠			٠			٠	٠	۰
TRA	CKI	NG:	1		2	3	4	5	6 7	8	9	10	•	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 ~

	6		MY GOAL:
	7		
	8		
	9		
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
10	0		
			1
1	11		
			2
1.	2	MIDDAY CHECK-IN	3
	1		
			All our dreams can come true
	2		if we have the courage to pursue them.
			~ WALT DISNEY ~
	3		
			LECCONS LEADNED
4	4		LESSONS LEARNED: (Opportunities for improvement)
	5		
	6		
	7		WINS: (Brag zone)
	8		
•	9	END OF DAY REFLECTION	
: : : :		This morning I am grateful for	Tonight I am grateful for
1	1.		1
4	۷.		2
3	3.		3

	6	MY GOAL:
	7	
	3	
	9	
		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
1	)	
		1
1	1	
		2
1	2 ······ MIDDAY CHECK-IN · · · · · · · · ·	3
	1	
	2	Either you run the day or the day runs you.
		~ JIM ROHN ~
	3	
		LEGGOVE LEADVED
	4	LESSONS LEARNED: (Opportunities for improvement)
	5 • • • • • • • • • • • • • • • •	
	6	
	7	WINS: (Brag zone)
	8	
	HOD OF DAY REFLECTION	
<b>Ö</b> :	This morning I am grateful for	Tonight I am grateful for
1	·	1
	2	2
	3	3
,	4	J

	6		MY GOAL:
	7		
	8		
	9		
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
	10		
			1
	11		
			2
	12	MIDDAY CHECK-IN	3
	1		
	2		I never dreamed about success. I worked for it.
			~ ESTÉE LAUDER ~
	3		
			LESSONS LEARNED: (Opportunities for improvement)
	4		Copportunities for improvement)
	5		
	6		
	7		WINS: (Brag zone)
	8		
	9	END OF DAY REFLECTION	
		This morning I am grateful for	Torishalore
,,,,		This morning rain grateral for	Tonight I am grateful for
	1.		1
	2.		2
	3		2
	.).		.1

	6	MY GOAL:
	7	
	8	
(	9	
		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
10	0	
		t
1	11	
		2
1.	2 ······ MIDDAY CHECK-IN · · · · · · · ·	3
	1	
	2	Begin to be now what you will be hereafter.
		~ WILLIAM JAMES ~
:	3	
4	4	LESSONS LEARNED: (Opportunities for improvement)
!	5	
(	6	
	7	WINS: (Brag zone)
	8	
(	9END OF DAY REFLECTION	
<u></u>	This morning I am grateful for	Tonight I am grateful for
1	1	1
2	2	2
-	3	3

	M T W T F S S / /		
<u></u>	6	MY GOAL:	
	7		
	8		• • • •
	9		
		TODAY'S TARGETS: (Tasks that will move yo	ou closer to your goals)
10	0		
		1	
1	11	2	
		2	
1.	2 MIDDAY CHECK-IN	3	
	1		
		Start where you are. Use what you hav	e.
1	2	Do what you can.	
		~ ARTHUR ASHE ~	
	3		
	,	LESSONS LEARNED: (Opportur	nities for improvement)
4	4	''	·
	5		
	6		
,			
	7	WINS:	(Brag zone)
	′ 		
,	8		
,	~ 		
(	9end of day reflection		
	This morning I am grateful for	Tonight I am grateful for	
1	1.	1	
2	2	2	
3	3	3	

······································	2	
This morning I am grateful for	Tonight I am grateful for	
··················END OF DAY REFLECTION		
	WINS: (Bra	ag zone)
	WINE CO.	`
	LESSONS LEARNED: (Opportunities for improv	vement)
	~ ANONYMOUS ~	
	Blessed are those who can give without remembering and take without forgetting.	
	Discord and discord and discording to the state of the st	
MIDDAY CHECK-IN	3	
	2	
	1	
	TODAY'S TARGETS: (Tasks that will move you closer to you	ır goals)
		• •
	MI GOAL:	
	MY GOAL:	

	6		MY GOAL:
	7		
	8		
	9		
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
10	0		
			1
1	11		
			2
1.	2	MIDDAY CHECK-IN	3
	1		
			Determine never to be idle. No person will have occasion
	2		to complain of the want of time who never loses any.
			~THOMAS JEFFERSON ~
	3		~ Inomas Jefferson ~
	4		LESSONS LEARNED: (Opportunities for improvement)
	5		
	6		
	7		WINS: (Brag zone)
	8		
	9	END OF DAY REFLECTION	
		This morning I am grateful for	Tonight I am grateful for
) 4 ·		ŭ ŭ	
1	1.		1
2	2.		2
-	2		

<u> </u>	6	MY GOAL:
7	7	
8	8	
9	9	
		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
10	10	
		1.
1	11	
		2
12	12 MIDDAY CHECK-IN	3
1	1	
		My philosophy is that not only are you responsible for your life, but doing
2	2	the best at this moment puts you in the best place for the next moment.
		~ OPRAH WINFREY ~
3	3	OT IVAL WILL REL
2	4	LESSONS LEARNED: (Opportunities for improvement)
Į.	5	
(	6	
-	7	WINS: (Brag zone)
8	8	
9	9END OF DAY REFLECTION	
Ď:	This morning I am grateful for	Tonight I am grateful for
2 4 ·		
1	1	1
2	2	2
2	3	

_		
(L) 6	5	MY GOAL:
7	7	
3	3	
9	)	
		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
10	)	
		1
1	1	2
		2
12	2 ······ MIDDAY CHECK-IN · · · · · · · · ·	3
1		
		Develop success from failures. Discouragement and failure
2	2	are two of the surest stepping stones to success.
		~ DALE CARNEGIE ~
3	3	
		LECCONG LEADNED
4	1	LESSONS LEARNED: (Opportunities for improvement)
	5	
6	5	
7	7	WINS: (Brag zone)
8	3	
ç	END OF DAY REFLECTION	
, <u>, , , , , , , , , , , , , , , , , , </u>	This marning I am grateful for	T : I.I CIC
****	This morning I am grateful for	Tonight I am grateful for
1		1
2		2
3	L	3

	6	MY GOAL:	
	7		
8	3		
(	9		
		TODAY'S TARGETS:	(Tasks that will move you closer to your goals)
10	)		
		1	
1	1	2	
		2	
1.	2 ······ MIDDAY CHECK-IN · · · · · · · · ·	3	
	1		
		161414411	T
	2	1 jina that the naraer	I work, the more luck I seem to have.
		~ TI	HOMAS JEFFERSON ~
	3		
		LESSONS LEADNED.	(0
4	4	LESSONS LEARNED:	(Opportunities for improvement)
!	5		
(	6		
	7	WINS:	(Brag zone)
8	8		
(	9END OF DAY REFLECTION		
: <u></u>	This morning I am grateful for	Tonight	I am grateful for
1		1	
2	2	2	
3	3	3	

			2
Ď:	1.	This morning I am grateful for	Tonight I am grateful for
	9	END OF DAY REFLECTION	
	8		
	7		WINS: (Brag zone)
	6		
	-		
	5		
	4		
	4		LESSONS LEARNED: (Opportunities for improvement)
	3		
	2		~ INEODOKE KOOSEVELI ~
	2		~ THEODORE ROOSEVELT ~
			Believe that you can and you're half way there.
	1		
	12	MIDDAY CHECK-IN	3
			2
	11		
			1
	10		the second secon
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
	9		
	0		
	8		
	/		
	7		
(L)	6		MY GOAL:

2.		2	
1.		1	
	This morning I am grateful for	Tonight I am grateful	for
9	END OF DAY REFLECTION		
8			
7		WINS:	(Brag zone)
-			
6			
9			
5			
4			'
A		LESSONS LEARNED:	(Opportunities for improvement)
3			
		~ WILLIAM B. SPRAGU	E~
2		Do not wait to strike till the iron is hot;	vиі таке и поі оу striking.
		Do not wait to otnike till the inserte but	but make it hat bu atvilia
1			
12		3	·······
		2	
11		1	
•		1	
10			
		TODAY'S TARGETS: (Tasks	that will move you closer to your goals)
9			
J			
8			
/			
7			
6		MY GOAL:	

	6		MY GOAL:	
	7			
	8			
	9			
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)	
1	0			
			1	
	11			
			2	
1	12	MIDDAY CHECK-IN	3	
	1			
			Challenges are what make life interesting and overcoming	
	2		them is what makes life meaningful.	
			~ JOSHUA J. MARINE ~	
	3		353.107.11.111	
			LECCOMPLEADUED (O. 1977)	
	4		LESSONS LEARNED: (Opportunities for improvement)	
	5			
	6			
	7		WINS: (Brag zone)	
	8			
	9	END OF DAY REFLECTION		
, 11				
. <del>,,,</del> :		This morning I am grateful for	Tonight I am grateful for	
	1.		1	
	2.		2	
	3.		3	

			2
Ď.	1.	This morning I am grateful for	Tonight I am grateful for
	9	END OF DAY REFLECTION	
	8		
	7		WINS: (Brag zone)
	6		
	5		
	4		
	4		LESSONS LEARNED: (Opportunities for improvement)
	3		
	2		~ ANONYMOUS ~
	2		
			Do one thing every day that scares you.
	1		
	12	MIDDAY CHECK-IN	3
			2
	11		
			1
	10		, , , , , , , , , , , , , , , , , , , ,
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
	9		
	J		
	8		
	,		
	7		
(-)	6		MY GOAL:

			2	
Ď:	1.	This morning I am grateful for	Tonight I am grateful for	
	9	END OF DAY REFLECTION		
		• • • • • • • • • • • • • • • • • • • •		
	8			
	7		WINS:	(Brag zone)
	_			
	6			
	J			
				Tr
			LESSONS LEARNED: (C	Opportunities for improvement)
	3			
			~ BENJAMIN FRANKLIN ~	
	2		By failing to prepare, you are prepa	rıng to fail.
			D. C. 17	•
	1			
	14	MIDDAY CHECK-IN	3	
	12		2	
	11		2	
	11		1	
1	10			
			TODAY'S TARGETS: (Tasks that will	move you closer to your goals)
	9	<u></u>		
	8			
	7			
			MY GOAL:	
	6		MYCOAL	

	3.		3	
	2.		2	
· • • • • • • • • • • • • • • • • • • •	1.	This morning I am grateful for	Tonight I am grateful for	
		This morning I am grateful for	Tonight I am gratoful for	
	9	END OF DAY REFLECTION		
	8			
				ū
	7		WINS:	(Brag zone)
	J			
	6			
	Э			
	_			
			LESSONS LEARNED: (Opportunities for in	nprovement)
	3			
			~ TONY ROBBINS ~	
	2		you'll get what you've always gotten.	
			If you do what you've always done,	
	1			
	12	MIDDAY CHECK-IN	3	
			2	
	11		1	
	10			
	10		TODAY'S TARGETS: (Tasks that will move you closer to	your goals)
	9		TODAY'S TARGETS: (Tasks that will move you closer to	your gaala)
	9			
	8			
	0			
	7			• • •
	6		MY GOAL:	

	2.		2.     3.
	1.		1
		This morning I am grateful for	Tonight I am grateful for
	9	END OF DAY REFLECTION	
	8		
	7		WINS: (Brag zone)
	6		
	J		
	5		
	4		
	4		LESSONS LEARNED: (Opportunities for improvement)
	3		
			~ ROBERT COLLIER ~
	2		
			Success is the sum of small efforts, repeated day-in and day-out.
	1		
	12	MIDDAY CHECK-IN	3
			2
	11		и
	-		1
	10		(lasks that will move you closel to your goals)
	7		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
	9		
	Ö		
	8		
	/		
	7		
<u> </u>	6		MY GOAL:
_			

	3.		3		
	2.		2		
<del>, , , , ,</del>	1.	This morning Lam grateful for		ight I am grateful for	
		This morning I am grateful for	T:	ight Lam gratoful for	
	9	END OF DAY REFLECTION			
	8				
	7		WINS:		(Brag zone)
	_				
	6				
	J				
	5				
	4				
			LESSONS LEARNED:	(Opportunities for i	mprovement)
	3				
				~ THOMAS JEFFERSON ~	
	2		Action	vill delineate and define you.	
			Do you want to	o know who you are? Don't ask. Act!	
	1				
	12	MIDDAY CHECK-IN	3		
			2		
	11		l		
			1		
	10		TODAL STANGETS.	Clasks that will move you closer t	to your goals)
	7		TODAY'S TARGETS:	(Tasks that will move you closer t	to vour goals)
	9				
	Q				
	8				
	/				• • •
	7				
	6		MY GOAL:		

			2
Č.	1.	This morning I am grateful for	Tonight I am grateful for
	9	END OF DAY REFLECTION	
	8		
	7		WINS: (Brag zone)
	6		
	_		
	5		
	4		
	4		LESSONS LEARNED: (Opportunities for improvement)
	3		
	_		~ BARBARA CORCORAN ~
	2		
			My best successes came on the heels of failures.
	1		
	12	MIDDAY CHECK-IN	3
			2
	11		1
			1
	10		Classica structural for the goding
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
	9		
	0		
	8		
	/		
	7		
<u></u>	6		MY GOAL:
_			

<u></u>	6	MY GOAL:
-	7	
8	3	
9	)	
		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
10	)	
		1
1	1	2
		2
12	2 ······ MIDDAY CHECK-IN · · · · · · · · ·	3
1	1	
		A successful man is one who can lay a firm foundation with the
2	2	bricks others have thrown at him.
		~ DAVID BRINKLEY ~
3	3	
		LESSONS LEARNED: (Opportunities for improvement)
4	4	Copportunities for improvements
	5	
(	5	
7	7	WINS: (Brag zone)
8	3	
Ç	OEND OF DAY REFLECTION	
	This morning I am grateful for	Tonight I am grateful for
* <del>*****</del> *	6 2 6 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	ionigne rain gracerarior
1	·	1
2	) 	2
3		3

2.		2
1.	This morning I am grateful for	Tonight I am grateful for
9	END OF DAY REFLECTION	
8		
7		WINS: (Brag zone)
6		
5		
4		
4		LESSONS LEARNED: (Opportunities for improvement)
3		
2		SOTION. NOODEN
2		~ JOHN R. WOODEN ~
		Don't let what you cannot do interfere with what you can do.
1		
12	MIDDAY CHECK-IN	3
		2
11		
		1
10		
		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
9		
9		
8		
,		
7		
6		MY GOAL:

	6	MY GOAL:
	7	
8	8	
(	)	
		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
10	)	
		1
1	1	
		2
1.	2 ······ MIDDAY CHECK-IN · · · · · · · · ·	3
	1	
		Ever tried. Ever failed. No matter.
1	2	Try again. Fail again. Fail better.
		~ SAMUEL BECKETT ~
	3	
4	4	LESSONS LEARNED: (Opportunities for improvement)
	5	
	6	
	7	WINS: (Brag zone)
	8	
(	9END OF DAY REFLECTION	
y	TI:	T 1111
	This morning I am grateful for	Tonight I am grateful for
1		1
2	2	2
5	3	3
-	***************************************	

			2
Ď.	1.	This morning I am grateful for	Tonight I am grateful for
	9	END OF DAY REFLECTION	
	8		
	7		WINS: (Brag zone)
	6		
	5		
	4		
	4		LESSONS LEARNED: (Opportunities for improvement)
	3		
	2		~ ROGER STAUBACH ~
	2		
			There are no traffic jams along the extra mile.
	1		
	12	MIDDAY CHECK-IN	3
			2
	11		
			1
	10		, , , , , , , , , , , , , , , , , , , ,
	-		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
	9		
	8		
	,		
	7		
(-)	6		MY GOAL:

	3.		3		
			2		
	1.	This morning I am grateful for	Toni	ght I am grateful for	
	9	END OF DAY REFLECTION			
	8				
	7		WINS:		(Brag zone)
	6				
				• • • •	• • • • •
	5				
	4		LESSONS LEARNED:	(Ор	portunities for improvement)
	3				
	2			MOMAIN CAPOIL **	
	2			~ TRUMAN CAPOTE ~	<b>,</b>
			Failure is the co	ndiment that gives succ	ess its flavor.
	12	MIDDAY CHECK-IN	3		
			2		
	11				
			1		
	10				
			TODAY'S TARGETS:	(Tasks that will m	ove you closer to your goals)
	9				
	_				
	8				
	7				
(L)	6		MY GOAL:		
	,				

Ď:		This morning I am grateful for	Tonight I	am grateful for
	9	END OF DAY REFLECTION		
	8			
	7		WINS:	(Brag zone)
	-			
	6			
	J			
	5			
	4			11
	4		LESSONS LEARNED:	(Opportunities for improvement)
	3			
			~ BEN	IJAMIN FRANKLIN ~
	2		or do some	ething worth writing.
			Either write s	omething worth reading
	1			
	12	MIDDAY CHECK-IN	3	
			2	
	11		1	
	10		4	
	10		IODAI 3 IARGEI3:	(Tasks that will move you closer to your goals)
	9		TODAY'S TARGETS:	(Tacks that will move you closer to your social)
	9			
	8			
	0			
	7			
	6		MY GOAL:	

			2
<b>\(\)</b>	1.	This morning I am grateful for	Tonight I am grateful for
	9	END OF DAY REFLECTION	
	8		
	7		WINS: (Brag zone)
	6		
	_		
	5		
	4		
	4		LESSONS LEARNED: (Opportunities for improvement)
	3		
			~ GRACE MURRAY HOPPER ~
	2		
			You manage things; you lead people.
	1		
	12	MIDDAY CHECK-IN	3
			2
	11		1
			1
	10		(:=:::= :::= / -= :::= / -= ::= / -= god:s/
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
	9		
	0		
	8		
	/		
	7		
(L)	6		MY GOAL:

			2
	1.	This morning I am grateful for	Tonight I am grateful for
	9	END OF DAY REFLECTION	
	8		
	7		WINS: (Brag zone)
	-		
	6		
	J		
	5		
	4		C-FF
			LESSONS LEARNED: (Opportunities for improvement)
	3		
			~ SIMONE WEIL ~
	2		
			I can, therefore I am.
	1		
	12	MIDDAY CHECK-IN	3
			2
	11		1
			1
	10		(lasks that will move you closer to your goals)
	ブ		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
	0		
	8		
	C		
	/		
	7		
L	6		MY GOAL:

	3.		3		
	2.		2		
: <u></u>	1.	This morning I am grateful for		ght I am grateful for	
		TI:	<b>-</b> .		
	9	END OF DAY REFLECTION			
					•
	8				
	,		100		
	7		WINS:	(Brag zone)	
	6				
	4				
	5				
	4		LESSONS LEARNED:	(Opportunities for Improvement)	
			LESSONS LEARNED:	(Opportunities for improvement)	
	3				
			~	W. CLEMENT STONE ~	
	2		Definiteness of purpose i	is the starting point of all achievement.	
			6.6		
	1				
			<u> </u>		
	12		3.		
	11		2		
	11		1		
	IU				
	10		TODAY'S TARGETS:	(Tasks that will move you closer to your goals)	
	9		TODAY'S TARCETS		
	0				
	8				
	7				,
	6		MY GOAL:		

	6		MY GOAL:	
	_			
	/			٠
				٠
	8			
	9			
	10		TODAY'S TARGETS: (Tasks that will move you closer to your go	oals)
	10			
			1	
	11		2.	
	12	MIDDAY CHECK-IN	3	
	1			
			It is our choices, that show what we truly are,	
	2		far more than our abilities.	
			~ J.K ROWLING ~	
	3			
			LESSONS LEARNED: (Opportunities for improvem	nent)
	4		Copportunities for improvem	iciii)
	5			٠
	6			٠
	7		WINS: (Brag z	one)
	8			
		• • • • • • • • • • • • • • • • • • • •		٠
	9	END OF DAY REFLECTION		۰
: : : :		This morning I am grateful for	Tonight I am grateful for	
	1.		1	
			2	
	3.		3	

	3		3		
			2		
: (C)	1.	This morning I am grateful for		night I am grateful for	
	9	·················END OF DAY REFLECTION			• •
	7		WINS:	(Bra <sub>g</sub>	g zone)
	6				
	5				
	4		LESSONS LEARNED:	(Opportunities for improve	ement)
	_				
	3			~ MICHAEL JOHN BOBAK ~	
	2			tside the comfort zone.	
				ll progress takes place	
			66		
	12	MIDDAY CHECK-IN	3		
			Σ		
	11		2		
			1		
	10			•	
			TODAY'S TARGETS:	(Tasks that will move you closer to your	goals)
	9				
	8				
	7				
G	0		MY GOAL:		
	6				

2.		2.     3.
1.		1
	This morning I am grateful for	Tonight I am grateful for
9	END OF DAY REFLECTION	
8		
7		WINS: (Brag zone)
6		
J		
5		
4		
		LESSONS LEARNED: (Opportunities for improvement)
3		
		~ WINSTON CHURCHILL ~
2		$Success\ is\ walking\ from\ failure\ to\ failure\ with\ no\ loss\ of\ enthus iasm.$
1		
12	MIDDAY CHECK-IN	3
		2
11		1
10		
10		(lasks that will move you closer to your goals)
9		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
9		
8		
0		
7		
6		MY GOAL:

	3		2	
			2	
	1.	This morning I am grateful for	Tonight I am grateful for	
	7	THE PERIOD OF DAT REPLECTION		
		END OF DAY REFLECTION		
	0			
	7		WINS:	(Brag zone)
	_		WING	(P
	6			
	5			
	4		LESSONS LEARNED: (Opportunities for	improvement)
			LECCONC LEADNED	
	3			
			~ PUBLIUS TERENCE ~	
	2		Fortune favors the brave.	
	1			
	12	MIDDAY CHECK-IN	3	
	10			
	11		2	
	4.4		1	
	10			
			TODAY'S TARGETS: (Tasks that will move you closer	to your goals)
	9			
	8			
	7			
			MI GOAL.	
╚	6		MY GOAL:	

	6		MY GOAL:
	7	<del></del>	
	8	<del></del>	
	9		
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
	10		
			1
	11		
			2
	12	MIDDAY CHECK-IN	3
	1		
			Courage doesn't always roar. Sometimes courage is the quiet voice at the
	2		end of the day saying, "I will try again tomorrow."
			~ MARY ANNE RADMACHER ~
	3		
	4		LESSONS LEARNED: (Opportunities for improvement)
	5		
	6		
	7		WINS: (Brag zone)
	8		
	9	END OF DAY REFLECTION	
) <u>1 4 4</u>			
( <u>)</u>		This morning I am grateful for	Tonight I am grateful for
	1.		1
	2.		2
	٥.		3

6		MY GOAL:
7		
8		
9		
		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
10		
		1
11		2
		2
12	MIDDAY CHECK-IN	3
1		
		Don't let the fear of losing be greater than the
2		excitement of winning.
		~ ROBERT KIYOSAKI ~
3		
		LESSONS LEARNED: (Opportunities for improvement)
4		Copportunities for improvements
5		
6		
		(7)
7		WINS: (Brag zone)
8		
	• • • • • • • • • • • • • • • • • • • •	
9	END OF DAY REFLECTION	
	This morning I am grateful for	Tonight I am grateful for
1.		1
2.		2
3.		3

	6		MY GOAL:
	7		
1	8		
(	9		
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
10	0		
			1
1	11		
			2
1.	2	MIDDAY CHECK-IN	3
	1		
			Success does not consist in never making mistakes
	2		but in never making the same one a second time.
			~ GEORGE BERNARD SHAW ~
;	3		
			LECCONC LEADNED
4	4		LESSONS LEARNED: (Opportunities for improvement)
	5		
(	6		
	7		WINS: (Brag zone)
8	8		
(	9	END OF DAY REFLECTION	
: () ()		This morning I am grateful for	Tonight I am grateful for
1	1.		1
2	2.		2
3	3.		3

	3		3		
	1.	This morning I am grateful for		ight I am grateful for	
	9	END OF DAY REFLECTION			
	7		WINS:		(Brag zone)
	6				
	5				
	4		LESSONS LEARNED:	(Opportunities f	or improvement)
	J				
	2			~ ANONYMOUS ~	
	2		to thos	se who go out and get them.	
				o people who wait, but better things	s come
			66		
	12	MIDDAY CHECK-IN	3		
			2		
	11		2		
			1		
	10				-
			TODAY'S TARGETS:	(Tasks that will move you clos	er to your goals)
	9				
	8				
					•
	7				
(L)	О		MY GOAL:		
	_				

<u></u>	6		MY GOAL:
	7		
	8		
	9		
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
1	10		
			1
	11		2
			2
1	12	MIDDAY CHECK-IN	3
	1		
			If you want to make a permanent change, stop focusing on the size
	2		of your problems and start focusing on the size of you!
			~ T. HARV EKER ~
	3		
			LECCONC LEADNED
	4		LESSONS LEARNED: (Opportunities for improvement)
	5		
	6		
	7		WINS: (Brag zone)
	8		
	9	END OF DAY REFLECTION	
<u></u>		This morning I am grateful for	Tonight I am grateful for
	1.		1
	2.		2
	3.		3

	6		MY GOAL:	
	_			
	/			٠
				٠
	8			
	9			
	10		TODAY'S TARGETS: (Tasks that will move you closer to your go	als)
1	10			
			1	
	11		2.	
1	12	MIDDAY CHECK-IN	3	
	1			
			Happiness is not something ready-made.	
	2		It comes from your own actions.	
			~ DALAI LAMA ~	
	3			
			LESSONS LEARNED: (Opportunities for improvement	nt)
	4		Copportunities for improvement	1111)
	5			
	6			٠
	7		WINS: (Brag zo	ne)
	8			
				٠
	9	END OF DAY REFLECTION		•
<u></u>		This morning I am grateful for	Tonight I am grateful for	
	1.		1	
			2	
	٥.		3	

	6		MY GOAL:
	7		
	8		
	9		
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
	10		
			1
	11		
			2
	12	MIDDAY CHECK-IN	3
	1		
			If you are offered a seat on a rocket ship, don't ask what seat!
	2		Just get on.
			~ SHERYL SANDBERG ~
	3		
			LESSONS LEARNED: (Opportunities for improvement)
	4		(Opportunities for improvement)
	5		
	6		
	7		WINS: (Brag zone)
	8		
		• • • • • • • • • • • • • • • • • • • •	
	9	END OF DAY REFLECTION	
		This morning I am grateful for	Tonight I am grateful for
y 4 "	1		
	1.		1
	2.		2
	3.		3

(L) 6	5	MY GOAL:
7	7	
8	3	
9	)	
		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
10	)	
		1
11	1	
		2
12	2 ······ MIDDAY CHECK-IN · · · · · · · · ·	3
1	· · · · · · · · · · · · · · · · · · ·	
		Great spirits have always encountered violent opposition
2	2	from mediocre minds.
		~ ALBERT EINSTEIN ~
3	3	
4	4	LESSONS LEARNED: (Opportunities for improvement)
5	5	
6	S · · · · · · · · · · · · · · · ·	
7	7	WINS: (Brag zone)
8	3	
Ş	•END OF DAY REFLECTION	
<u></u>	This morning I am grateful for	Tonight I am grateful for
1.	·	1
2	2	2
3	3	3

6		MY GOAL:
7		
8		
9		
		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
10		
		1
11		2
		2
12	MIDDAY CHECK-IN	3
1		
		I am not a product of my circumstances.
2		I am a product of my decisions.
		~ STEPHEN COVEY ~
3		
		LESSONS LEADNED.
4		LESSONS LEARNED: (Opportunities for improvement)
5		
6		
7		WINS: (Brag zone)
8		
9	END OF DAY REFLECTION	
	This morning I am grateful for	Tonight I am grateful for
1		
1.		1
2.		2
3.		3

(L)	6		MY GOAL:	
	7			
	/			•
				٠
	8			
	9			
	10		TODAY'S TARGETS: (Tasks that will move you closer to your goals	)
	10			
			1	-
	11		2.	
			<del></del>	
	12	MIDDAY CHECK-IN	3	
	1			
			Little minds are tamed and subdued by misfortune;	
	2		but great minds rise above it.	
			~ WASHINGTON IRVING ~	
	3			
			LESCONS LEADNED.	.)
	4		LESSONS LEARNED: (Opportunities for improvement	J
	5			
	6			•
	7		WINS: (Brag zone	)
	8			
				۰
	9	END OF DAY REFLECTION		•
, 1.4				
<u></u>		This morning I am grateful for	Tonight I am grateful for	
	1.		1	
	2.		2	
	3.		3	

(L)	6		MY GOAL:	
	_			
	/			۰
				۰
	8			
		• • • • • • • • • • • • • • • • • • • •		
	9			
			TODAY'S TARGETS: (Tasks that will move you closer to your go	pals)
1	10			
			1	
	11		2	
			<u> </u>	
	12	MIDDAY CHECK-IN	3	
	1			
			In my experience, there is only one motivation, and that is desire.	
	2		No reasons or principle contain it or stand against it.	
			~ JANE SMILEY ~	
	3			
			LECCONCLEADNED (O	
	4		LESSONS LEARNED: (Opportunities for improvem	ent)
	5			
	6			•
	7		WINS: (Brag zo	one)
	8			•
				•
	9	END OF DAY REFLECTION		٠
		This morning I am grateful for	Tonight I am grateful for	
	1.		1	<b>.</b>
	2.		2	
	3.		3	

	5	MY GOAL:
	7 , , , , , ,	
8	3	
(	)	
		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
10	)	
		1
1	1	
		2
12	2 ····· MIDDAY CHECK-IN · · · · · · · · ·	3
		Always do your best. What you plant now,
4	2	you will harvest later.
		~ OG MANDINO ~
3	3	
		LESSONS LEARNED: (Opportunities for improvement)
4	1	LESSONS LEARNED: (Opportunities for improvement)
į	<u> </u>	
(	ó · · · · · · · · · · · · · · · ·	
	7	WINS: (Brag zone)
8	3	
	END OF DAY REFLECTION	
	This morning I am grateful for	Tonight I am grateful for
1		1.
2	<u></u>	2
3	8	3

(L)	6		MY GOAL:	
	7			
	/			
	0			
	8			
	0			
	9		TODAYS TARGETS	
	10		TODAY'S TARGETS: (Tasks that will move you closer to you	r goals)
	10			
			1	
	11		2.	
	12	MIDDAY CHECK-IN	3	
	1			
			If the wind will not serve,	
	2		take to the oars.	
			~ LATIN PROVERB ~	
	3			
			LESSONS LEARNED: (Opportunities for improv	(ement)
	4		Copportunities for improv	ement)
	5			
	6			
	7		WINS: (Bra	ag zone)
	8			
	9	END OF DAY REFLECTION		
		This morning I am grateful for	Tonight I am grateful for	
	1		1	
	2.		2	
	3.		3	

	2.		2
Ď:	1.	This morning I am grateful for	Tonight I am grateful for
	9	END OF DAY REFLECTION	
	8	<del></del>	
	7		WINS: (Brag zone)
	6		
	5		
	4		LESSONS LEARNED: (Opportunities for improvement)
	J		
	3		~ LEONARDO DA VINCI ~
	2		we must apply. Being willing is not enough; we must do.
	^		I have been impressed with the urgency of doing. Knowing is not enough;
	1		
	12	MIDDAY CHECK-IN	3
			2
	11		2
			1
1	10		, , ,
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
	9		
	-		
	8		
	-		
	7		
J	O		MY GOAL:
	4		

	3		3		
	1.	This morning I am grateful for		night I am grateful for	
	9	······END OF DAY REFLECTION			
		• • • • • • • • • • • • • • • • • • • •			• •
	0				
	7		WINS:		(Brag zone)
	6				
	5				
	4		LESSONS LEARNED:	(Opportunities for in	nprovement)
	J				
	3			~ JIM ROHN ~	
	2		to	settle for the ordinary.	
				villing to risk the usual you will have	
	12	MIDDAY CHECK-IN	3		
			2		
	11		2		
			1		
	10			•	
			TODAY'S TARGETS:	(Tasks that will move you closer to	o your goals)
	9				
	8				
	7				
(L)	O		MY GOAL:		
	4				

<u></u>	5	MY GOAL:
7	7	
8	3	
Ç	)	
		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
10	)	
		1
1	1	2
		2
12	2 ······ MIDDAY CHECK-IN · · · · · · · · ·	3
1	····································	
		I know where I'm going and I know the truth, and I don't have to be
2	2	what you want me to be. I'm free to be what I want.
		~ MUHAMMAD ALI ~
3	3	
		LESSONS LEARNED: (Opportunities for improvement)
4	1	Copportunities for improvement)
	5	
(	5	
-	7	WINS: (Brag zone)
8	3	
Ç	END OF DAY REFLECTION	
	This morning I am grateful for	Tonight I am grateful for
1		1
'		1
2	).	2
3	8	3

	2		2	
	1.	This morning I am grateful for		am grateful for
	7	······END OF DAY REFLECTION		
	6			
	7		WINS:	(Brag zone)
			Wikie	(5)
	6			
	5			
	4		LESSONS LEARNED:	(Opportunities for improvement)
				_
	3		~ t	RIAN TRACY ~
	-			
				e predictable. If you want more luck, nore active. Show up more often.
			12	
	1			
	12	MIDDAY CHECK-IN	3	
	10			
	11		2	
			1	
	10			
			TODAY'S TARGETS:	(Tasks that will move you closer to your goals)
	9			
	8			
	7			
			MI GOAL.	
(L)	6		MY GOAL:	

	3.		3	
:	1.	This morning I am grateful for		night I am grateful for
	9	···················END OF DAY REFLECTION		
	7		WINS:	(Brag zone)
				-
	6			
	5			
	4		LESSONS LEARNED:	(Opportunities for improvement)
	3			~ SAMUEL SMILES ~
	_		casts the s	shadow of our burden behind us.
				e sun, which, as we journey toward it,
			66	1.1
	1			
	12	MIDDAY CHECK-IN	3	
	11		2	
			1	
	10			
			TODAY'S TARGETS:	(Tasks that will move you closer to your goals)
	9			
	8			
	7			
	0		MY GOAL:	
	6			

	6		MY GOAL:
	7		
	8		
	9		
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
1	0		
			1
1	11		
			2
1	12	MIDDAY CHECK-IN	3
	1		
			If you have the guts to keep making mistakes, your wisdom
	2		and intelligence leap forward with huge momentum.
			~ HOLLY NEAR ~
	3		
	4		LESSONS LEARNED: (Opportunities for improvement)
	5		
	6		
	7		WINS: (Brag zone)
	8		
	9	END OF DAY REFLECTION	
,14,			
<u></u>		This morning I am grateful for	Tonight I am grateful for
1	1.		1
:	2.		2
	3.		3

			2	
Č.	1.	This morning I am grateful for	Tonight I am grateful for	
	9	END OF DAY REFLECTION		
	8			
	7		WINS: (Brag zone)	
	6			
	-			
	5			
	4			
	4		LESSONS LEARNED: (Opportunities for improvement)	
	3			
	2		~ JOHN D. ROCKEFELLER ~	
	2			
			Don't be afraid to give up the good to go for the great.	
	1			
	12	MIDDAY CHECK-IN	3	
			2	
	11			
			1	
	10			
	-		TODAY'S TARGETS: (Tasks that will move you closer to your goals)	
	9			
	8			
	,			
	7			
(-)	6		MY GOAL:	

<u> </u>	· · · · · · · · · · · · · · · · · · ·	MY GOAL:
7	· · · · · · · · · · · · · · · · · · ·	
	• • • • • • • • • • • • • • • • • • • •	
8	}	
9	)	
		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
10	)	
		1
11	· · · · · · · · · · · · · · · · · · ·	2
		2
12	MIDDAY CHECK-IN	3
1		
		If you don't design your own life plan, chances are you'll fall into someone
2		else's plan. And guess what they have planned for you? Not much.
		~ JIM ROHN ~
3	}	
		LECCONC LEADNED
4		LESSONS LEARNED: (Opportunities for improvement)
5	; · · · · · · · · · · · · · · · ·	
6	· · · · · · · · · · · · · · · · · · ·	
7	<i>7</i>	WINS: (Brag zone)
8	}	
9	END OF DAY REFLECTION	
	This marning I am grateful for	T : 1.1
*****	This morning I am grateful for	Tonight I am grateful for
1.		1
2		2
3	·	3

	6		MY GOAL:
	7		
	8		
	9		
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
1	0		
			1
	11		
			2
1	12	MIDDAY CHECK-IN	3
	1		
	2		Nothing will work unless you do.
			~ MAYA ANGELOU ~
	3		
	4		LESSONS LEARNED: (Opportunities for improvement)
	5		
	6		
	7		WINS: (Brag zone)
	8		
	9	END OF DAY REFLECTION	
,14,			
<u></u>		This morning I am grateful for	Tonight I am grateful for
	1.		1
	2.		2
	3		3
			=-

	6		MY GOAL:	
	7			٠
	8			
	9			
			TODAY'S TARGETS: (Tasks that will move you closer to your goal)	ls)
1	10			
			1	
	11			
			2	
1	12	MIDDAY CHECK-IN	3	
	1			
			If you don't value your time, neither will others.	
	2		Stop giving away your time and talents–start charging for it.	
			~ KIM GARST ~	
	3			
	4		LESSONS LEARNED: (Opportunities for improvement	ıt)
	5			
	6			٠
	7		WINS: (Brag zor	ıe)
	8			٠
				٠
	9	END OF DAY REFLECTION		٠
, 1.4		TI:		
, , , , <sup>[</sup>		This morning I am grateful for	Tonight I am grateful for	
	1.		1	
	2.		2	
	2			
	۵.		5	

3.		3		
2.		2		
1.	This morning Lam grateful for	1	ght I am grateful for	
	This morning I am grateful for	т .		
9	END OF DAY REFLECTION			
8				
7		WINS:		(Brag zone)
_				
6				
J				
5				
4				1
		LESSONS LEARNED:	(Opportur	ities for improvement)
3				
			~ ESTÉE LAUDER ~	
2		somethin	ng, I sell it, and I sell it hard.	
		I have never worked a d	lay in my life without selling	. If I believe in
1				
12	MIDDAY CHECK-IN	3		
		2		
11		1		
.0		1		
10		TODAL STANGETS.	(19272 FII9F MIII IIIOA6 AC	a closer to your goals)
7		TODAY'S TARGETS:	(Tasks that will move yo	u closer to your goals)
9				
Ó				
8				
/				
7				
6		MY GOAL:		

3.		3		
1.	This morning I am grateful for		ight I am grateful for	
9	END OF DAY REFLECTION			
8				
7		WINS:		(Brag zone)
6				
4				
1		LESSONS LEARNED:	(Opportunitie	s for improvement)
3				
_			~ BRADLEY WHITFORD ~	
2		Make it h	appen. Make your own future.	
			rith action. Don't wait for it to h	appen.
1				
12	MIDDAY CHECK-IN	3		
		2		
11				
		1		
10			Classes that Hill Hove you c	50 / 531 85413)
		TODAY'S TARGETS:	(Tasks that will move you c	loser to your goals)
9				
0				
8				
/				
_				
6		MY GOAL:		

	6		MY GOAL:
	7		
	8		
	9		
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
1	10		
			1
	11		
			2
1	12	MIDDAY CHECK-IN	3
	1		
			Successful people do what unsuccessful people are not willing to do.
	2		Don't wish it were easier, wish you were better.
			~ JIM ROHN ~
	3		
			LECCONCIE ADVED
	4		LESSONS LEARNED: (Opportunities for improvement)
	5		
	6		
	7		WINS: (Brag zone)
	8		
	9	END OF DAY REFLECTION	
Č.		This morning I am grateful for	Tonight I am grateful for
	1.		1
	2.		2
	3		3
	J.	1. · · · · · · · · · · · · · · · · · · ·	·

	6		MY GOAL:
	7		
	8		
	9		
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
1	10		
			1
	11		
			2
	12	MIDDAY CHECK-IN	3
	1		
			If you can't explain it simply,
	2		you don't understand it well enough.
			~ ALBERT EINSTEIN ~
	3		
			LESCONIC LEADNED
	4		LESSONS LEARNED: (Opportunities for improvement)
	5		
	6		
	7		WINS: (Brag zone)
	8		
	9	END OF DAY REFLECTION	
,14,			
. <u></u>		This morning I am grateful for	Tonight I am grateful for
	1.		1
	2.		2
	3.	······································	3

(L)	6		MY GOAL:	
	7			
	/			
	0			
	8			
	0			
	9		TOD AVIS TARGETS	67 h h h h
	10		TODAY'S TARGETS:	(Tasks that will move you closer to your goals)
1	10			
			1	
	11		2	
1	12	MIDDAY CHECK-IN	3	
	1			
				will set you free,
	2		but first i	t will piss you off.
			~ GLC	PRIA STEINEM ~
	3			
			LESSONS LEARNED:	(Opportunities for improvement)
	4		EESSONS EEARNES.	(Opportunities for improvement)
	5			
	6			
	7		WINS:	(Brag zone)
	8			
	9	END OF DAY REFLECTION		
		This morning I am grateful for	Tonight I a	m grateful for
	1.			
	Э.		5	

	2.		2.     3.
Ď.	1.	This morning I am grateful for	Tonight I am grateful for
ر فیقی	9	END OF DAY REFLECTION	
	0		
	8	······································	
	7		WINS: (Brag zone)
	6		
	5		
	4		
	4		LESSONS LEARNED: (Opportunities for improvement)
	3		
			~ CONFUCIUS ~
	2		It does not matter how slowly you go as long as you do not stop.
			It does not motten have alored and a second and a second and a
	1		
	12		3
			2
	11		1
	10		
	10		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
	9		TODAYS TARCETS.
	0		
	8		
	7		
	6		MY GOAL:

	6		MY GOAL:
	7		
	8		
	9		
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
1	0		
			1
	11		
			2
1	2	MIDDAY CHECK-IN	3
	1		
			It's hard to wait around for something you know might never happen;
	2		but its harder to give up when you know its everything you want.
			~ ANONYMOUS ~
	3		
	4		LESSONS LEARNED: (Opportunities for improvement)
	5		
	6		
	7		WINS: (Brag zone)
	8		
	9	END OF DAY REFLECTION	
,11,			
<u></u>		This morning I am grateful for	Tonight I am grateful for
	1.		1
;	2.		2
	3.		3

	6		MY GOAL:	
	7			٠
	8			
•	9			
			TODAY'S TARGETS: (Tasks that will move you closer to your goal	s)
10	0			
			1	
1	11			
			2	••
1.	2	MIDDAY CHECK-IN	3	
	1			
			If you want to achieve greatness	
	2		stop asking for permission.	
			~ ANONYMOUS ~	
	3			
			LECCONC LEADNED	
4	4		LESSONS LEARNED: (Opportunities for improvement	IT)
	5			
	6			٠
	7		WINS: (Brag zon	e)
				٠
	8			
				٠
	9	END OF DAY REFLECTION		٠
		This morning I am grateful for	Tonight I am grateful for	
1	1.		1.	
			2	
3	პ.		3	

	3.		3		
<u></u>	1.	This morning I am grateful for		ght I am grateful for	
	9	······END OF DAY REFLECTION			۰
		• • • • • • • • • • • • • • • • • • • •			-
	7		WINS:	(Brag zone)	)
	6				•
					•
	5				
	4		LESSONS LEARNED:	(Opportunities for improvement)	i
	J				
	3			~ HENRY KRAVIS ~	
	2		safety	net underneath them.	
			_	eneur is somebody who has no	
			66		
	12	MIDDAY CHECK-IN	3		
			۷		
	11		2		
			1		
	10			•	
			TODAY'S TARGETS:	(Tasks that will move you closer to your goals)	
	9				
					•
	8				
	7				
9	0		MY GOAL:		
	6				

	6	MY GOAL:
	7	
8	8	
(	9	
		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
10	0	
		1
1	11	
		2
1.	2 ······ MIDDAY CHECK-IN · · · · · · · ·	3
	1	
	2	The most effective way to do it, is to do it.
		~ AMELIA EARHART ~
:	3	
4	4	LESSONS LEARNED: (Opportunities for improvement)
	5	
	6	
	7	WINS: (Brag zone)
	8	
(	9END OF DAY REFLECTION	
	This morning I am grateful for	Tonight I am grateful for
· ਜਵਾ		
ı	1.	1
2	2	2
3	3	3

	6		MY GOAL:	
	7			
	8			
	9			
			TODAY'S TARGETS: (Tasks that will move you closer to your g	goals)
	10			
			1	
	11			
			2	
	12	MIDDAY CHECK-IN	3	
	1			
	2		If you're going through hell, keep going.	
			~ WINSTON CHURCHILL ~	
	3			
	4		LESSONS LEARNED: (Opportunities for improvem	nent)
	5			
	6			
	7		WINS: (Brag z	zone)
	8			
	9	END OF DAY REFLECTION		
y) h d y		T1:		
1,		This morning I am grateful for	Tonight I am grateful for	
	1.		1	
	2.		2	
	2		2	
	J.		3	

	2.			
	1.	This morning I am grateful for		ht I am grateful for
	9	END OF DAY REFLECTION		
	8			
	7		WINS:	(Brag zone)
	6			
	5			
	4			
	4		LESSONS LEARNED:	(Opportunities for improvement)
	3			
	2			~ STEVE JOBS ~
	2			
			Innovation distinauis	shes between a leader and a follower.
	1			
	12	MIDDAY CHECK-IN	3	
			2	
	11			
			1.	
	10			, , , , , , , , , , , , , , , , , , , ,
			TODAY'S TARGETS:	(Tasks that will move you closer to your goals)
	9			
	O			
	8			
	/			
	7			
(L)	6		MY GOAL:	

	6		MY GOAL:	
	7			
	8			
	9			
			TODAY'S TARGETS: (Tasks that will move you closer to you	ur goals)
•	10			
			1	
	11			
			2	
	12	MIDDAY CHECK-IN	3	
	1			
	2		Life is 10% what happens to me and 90% how I react to it.	
			~ CHARLES SWINDOLL ~	
	3			
	4		LESSONS LEARNED: (Opportunities for impro	ovement)
	5			
	6			
	7		WINS: (Br	rag zone)
	8			
	9	END OF DAY REFLECTION		
		This morning I am grateful for	Tonight I am grateful for	
	1		1	
	1.		1	
	2.		2	
	3.		3	

<u> </u>	6	MY GOAL:
	7	
8	8	
(	9	
		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
10	0	
		1
1	11	
		2
12	2 ······ MIDDAY CHECK-IN · · · · · · · · ·	3
	1	
		Courage is resistance to fear,
2	2	mastery of fear-not absense of fear.
		~ MARK TWAIN ~
	3	MAIGH I MAIG
4	4	LESSONS LEARNED: (Opportunities for improvement)
į	5	
(	6	
-	7	WINS: (Brag zone)
8	8	
(	9end of day reflection	
, , , l	This morning I am grateful for	Tonight I am grateful for
1	I	1
2	2	2
3	3	3

	6	MY GOAL:
-	7	
8	3	
9	)	
		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
10	)	
		1
1	1	
		2
12	2 ······ MIDDAY CHECK-IN · · · · · · · · ·	3
1	f	
		Just when the caterpillar thought the world was ending,
2	2	he turned into a butterfly.
		~ PROVERB ~
3	3	
4	4	LESSONS LEARNED: (Opportunities for improvement)
Į.	5	
(	6	
7	7	WINS: (Brag zone)
8	3	
9	END OF DAY REFLECTION	
· · · · ·		
.,,,,	This morning I am grateful for	Tonight I am grateful for
1		1
2	2	2
3	8	3

			2	
	1.	This morning I am grateful for	Tonight I am grateful for	
	9	END OF DAY REFLECTION		,
				,
	8			,
	7		WINS: (Brag zone)	
	6			
	_			,
	5			
	4			
	4		LESSONS LEARNED: (Opportunities for improvement)	
	3			
			~ JOHN BURROUGHS ~	
	2		Deap, and the net will appear.	
			Leap, and the net will appear.	
	1			
	12	MIDDAY CHECK-IN	3	
			2	
	11		1	
			1	
	10		Classica street state of your goulds)	
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)	
	9			
	0			,
	8			,
	/			
	7			
<u></u>	6		MY GOAL:	
_				

	6		MY GOAL:	
	7	······································		
	8			
	9			
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)	
1	0			
			1	
	11			
			2	
1	12	MIDDAY CHECK-IN	3	
	1			
			Learn from the past, set vivid, detailed goals for the future	
	2		and live in the only moment of time over which you have any control: now.	
			~ DENIS WAITELY ~	
	3			
			LESSONS LEARNED: (Opportunities for improvement)	
	4		LESSONS LEARNED: (Opportunities for improvement)	
	5			
	6			
	7		WINS: (Brag zone)	
	8			
	9	END OF DAY REFLECTION		
,,,,,,				4
. <u></u> .		This morning I am grateful for	Tonight I am grateful for	
	1.		1	
	2.		2.	
	2		2	
	ろ.		5	

			2
Ď.	1.	This morning I am grateful for	Tonight I am grateful for
	9	END OF DAY REFLECTION	
	8		
	7		WINS: (Brag zone)
	6		
	5		
	4		
	4		LESSONS LEARNED: (Opportunities for improvement)
	3		
	2		TENNI HAND BEEGIEN
	2		~ HENRY WARD BEECHER ~
			Men's best successes come after their disappointments.
	1		
	12	MIDDAY CHECK-IN	3
			2
	11		
			1
	10		
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
	9		
	8		
	,		
	7		
(-)	6		MY GOAL:

	6		MY GOAL:
	7		
	8		
	9		
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
	10		
			1
	11		
			2
	12	MIDDAY CHECK-IN	3
	1		
			Go big or go home. Because it's true.
	2		What do you have to lose?
			~ ELIZA DUSHKU ~
	3		
			LESCONG LEADNED
	4		LESSONS LEARNED: (Opportunities for improvement)
	5		
	6		
	7		WINS: (Brag zone)
	8		
	9	END OF DAY REFLECTION	
,14,			
<u></u>		This morning I am grateful for	Tonight I am grateful for
	1.		1
	2.		2
	3.		3

6		MY GOAL:	
_			
/			
			,
8			
9		TOD AVIS TARGETS	
10		TODAY'S TARGETS: (Tasks that will move you closer to your goals)	
10			
44		1	
11		2	
4.0			
12	MIDDAY CHECK-IN	3.	
1			
1		66	
2		The most difficult thing is the decision to act,	
2		the rest is merely tenacity.	
2		~ EMELIA EARHART ~	
3			
1		LESSONS LEARNED: (Opportunities for improvement)	
4			
5			,
6			
7		WINS: (Brag zone)	
8			,
			à
9	······END OF DAY REFLECTION		
	This morning I am grateful for	Tonight I am grateful for	
1.		1	
2.		2	
3.		3	

		2	-
1.	This morning I am grateful for	Tonight I am grateful for	
9	END OF DAY REFLECTION		,
			Þ
8			
7		WINS: (Brag zone)	
6			,
			,
5			,
4		LESSONS LEARNED: (Opportunities for improvement)	
3			
2		~ CHRIS GROSSER ~	
2			
		Opportunities don't happen, you create them.	
1			
12	MIDDAY CHECK-IN	3	
		2	
11			
		1	
10		, , , , , , , , , , , , , , , , , , , ,	
		TODAY'S TARGETS: (Tasks that will move you closer to your goals)	
9			
_			,
8			
,			
7			
6		MY GOAL:	

	1.	This morning I am grateful for		nt I am grateful for
	9	END OF DAY REFLECTION		
	8			
	7		WINS:	(Brag zone)
	6			
	_			
	5			
	4			
	4		LESSONS LEARNED:	(Opportunities for improvement)
	3			
				~ ANAIS NIN ~
	2		Lige sin tims or expun	
			Life chrinke ar orbar	nds in proportion to one's courage.
	1			
	12	MIDDAY CHECK-IN	3	
			2	
	11			
			1	
	10			( god)
			TODAY'S TARGETS:	(Tasks that will move you closer to your goals)
	9			
	0			
	8			
	/			
	7			
<u></u>	6		MY GOAL:	
_				

## A friendly Rewinder 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

	2.		2.     3.	
	1.		1	
Ď.		This morning I am grateful for	Tonight I am grateful for	
	9	END OF DAY REFLECTION		٠
				۰
	8			۰
	7		WINS: (Brag zone)	)
	6			
	_			•
	5			•
	4			
	4		LESSONS LEARNED: (Opportunities for improvement)	)
	3			
			~ LOLLY DASKAL ~	
	2		Life is not about finding yourself. Life is about creating yourself.	
			Life is not about finding yourself Life is about greating yourself	
	1			
	12	MIDDAY CHECK-IN	3	
			2	
	11		1	
			1	
	10		(1333 that mill move you closel to your gould)	
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)	)
	9			
	O			
	8			•
	/			•
	7			
(L)	6		MY GOAL:	

	6		MY GOAL:	
	_			
	/			
	8			
	9			
			TODAY'S TARGETS: (Tasks that will move you closer to your g	goals)
	10			
			1	
	11		2.	
	12	MIDDAY CHECK-IN	3	
	1			
			Everybody has their own Mount Everest they were put	
	2		on this earth to climb.	
			~ SETH GODIN ~	
	3			
			LECCONC LEADNED.	
	4		LESSONS LEARNED: (Opportunities for improven	nent)
	5			
	6			
	7		WINS: (Brag :	zone)
	8			
	9	END OF DAY REFLECTION		
· · · · · ·		TI:	T	
.,,.		This morning I am grateful for	Tonight I am grateful for	
	1.		1	
	2.		2	
	3.		3	

2.		3
1.		1
	This morning I am grateful for	Tonight I am grateful for
9	END OF DAY REFLECTION	
8		
7		WINS: (Brag zone)
J		
6		
J		
_		
4		(Copportunities to improvement)
		LESSONS LEARNED: (Opportunities for improvement)
3		
		~ MARCUS BUCKINGHAM ~
2		but also the pressure you need to feel either friction, or fulfillment.
		Always work hard. Intensity clarifies. It creates not only momentum,
1		
12	MIDDAY CHECK-IN	3
		2
11		l
10		1
10		(lasks that will move you closer to your goals)
y		TODAY'S TARGETS: (Tasks that will move you closer to your goals)
9		
8		
0		
/		
_		
6		MY GOAL:

This morning I am grateful for	WINS: (Brag zone)
This morning I am grateful for	Tonight I am grateful for
3	
	WINS: (Brag zone)
7	WINS: (Brag zone)
5	
<u> </u>	
· 	
4	LESSONS LEARNED: (Opportunities for improvement)
, 	
	9.9
	~ ELEANOR ROOSEVELT ~
	No one can make you feel inferior without your consent.
	3
1	2
	1
)	
	TODAY'S TARGETS: (Tasks that will move you closer to your goals)
)	
3	
7	
	MI GOAL.
5	MY GOAL:
	7

	6		MY GOAL:	
	7			
	8			
	9			
			TODAY'S TARGETS: (Tasks that will move you closer to you	ur goals)
1	10			
			1	
	11			
			2	
1	12	MIDDAY CHECK-IN	3	
	1			
	2		People rarely succeed unless they have fun in what they are doing	J.
			~ DALE CARNEGIE ~	
	3			
			LECCONC LEADNED	
	4		LESSONS LEARNED: (Opportunities for impro	vement)
	5			
	6			• •
	7		WINS: (Br	ag zone)
	8			
	9	END OF DAY REFLECTION		
,11,				
, , , , t		This morning I am grateful for	Tonight I am grateful for	
	1.		1	
	2.		2	
	2		2	
	<u>ځ.</u>		3	

2		2	
	·	2	
<b>)</b> : 1.	This morning I am grateful for	Tonight I am grateful for  1	
Q	······································		
8			
0			
7	· · · · · · · · · · · · · · · · · · ·	WINS: (Brag	zone)
		WINE (D	
6			
5	i		
4		LESSONS LEARNED: (Opportunities for improve	ment)
			_
3		~ PADLU PICASSU ~	
_		~ PABLO PICASSO ~	
2		willing to die having left undone.	
I		Only put off until tomorrow what you are	
1			
12	MIDDAY CHECK-IN	3	
4.0	WDD W CUECK W		
11		2	
		1	
10			
		TODAY'S TARGETS: (Tasks that will move you closer to your	goals)
9			
8			
7	·		
		MI GOAL:	
(L) 6	· · · · · · · · · · · · · · · · · · ·	MY GOAL:	

	6		MY GOAL:
	7		
	8		
	9		
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
1	10		
			1
	11		
			2
1	12	MIDDAY CHECK-IN	3
	1		
			Optimism is the faith that leads to achievement.
	2		Nothing can be done without hope and confidence.
			~ HELEN KELLER ~
	3		
	4		LESSONS LEARNED: (Opportunities for improvement)
	5		
	6		
	7		WINS: (Brag zone)
	8		
	9	END OF DAY REFLECTION	
Ď.		This morning I am grateful for	Tonight I am grateful for
	1.		1
	2.		2
	3.		3

	2.		2
Ď.	1.	This morning I am grateful for	Tonight I am grateful for
	9	END OF DAY REFLECTION	
	8	<u></u>	
	7		WINS: (Brag zone)
	6		
	5		
	4		
	1		LESSONS LEARNED: (Opportunities for improvement)
	3		
			~ ZIG ZIGLAR ~
	2		Well, neither does bathing and that is why we recommend it daily.
			People often say that motivation doesn't last.
	1		
	12	MIDDAY CHECK-IN	3
			2
	11		<u> </u>
			1
	10		(table that the more yet election goals
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
	9		
	0		
	8		
	/		
	7		
	6		MY GOAL:

	3.		3	
	2.		2	
Ď.	1.	This morning I am grateful for	•	t I am grateful for
	9	END OF DAY REFLECTION		
	8			
	7		WINS:	(Brag zone)
	6			
	5			
	4		LESSONS LEARNED:	(Opportunities for improvement)
	J			
	3			~ WALTER ELLIOT ~
	2		it is many sho	ort races one after the other.
	2			rance is not a long race;
	1		66	
	12	MIDDAY CHECK-IN	3	
	11		2	
			1	······
	10			
			TODAY'S TARGETS:	(Tasks that will move you closer to your goals)
	9			
	8			
	7			
	0		MY GOAL:	
	6			

	3		3	
:	1.	This morning I am grateful for		tht I am grateful for
	9	······END OF DAY REFLECTION		
	7		WINS:	(Brag zone)
	6			
	5			
	4		LESSONS LEARNED:	(Opportunities for improvement)
	3			~ THOMAS EDISON ~
	_		way to succeed i	s always to try just one more time.
			_	ness lies in giving up. The most certain
			66	
	1			
	12	MIDDAY CHECK-IN	3	
	11		2	
			1	
	10			
			TODAY'S TARGETS:	(Tasks that will move you closer to your goals)
	9			
	8			
	7			
	J		MY GOAL:	
	6			

	6		MY GOAL:	
	7			٠
	8			
	9			
			TODAY'S TARGETS: (Tasks that will move you closer to your goals	)
	10			
			1	
	11			
			2	
	12	MIDDAY CHECK-IN	3	
	1			
			Great minds discuss ideas; average minds discuss events;	
	2		small minds discuss people.	
			~ELEANOR ROOSEVELT ~	
	3			
			LECCONC LEADNED	`
	4		LESSONS LEARNED: (Opportunities for improvement	)
	5			
	6			٠
	7		WINS: (Brag zone	)
	8			
				۰
	9	END OF DAY REFLECTION		٠
, 1.4				
,,,r		This morning I am grateful for	Tonight I am grateful for	
	1.		1	
	2.		2	
	2		2	
	Э.		3	

	6		MY GOAL:
	7		
	8		
	9		
			TODAY'S TARGETS: (Tasks that will move you closer to your goals)
1	0		
			1
	11		
			2
1	12	MIDDAY CHECK-IN	3
	1		
	2		Problems are not stop signs, they are guidelines.
			~ ROBERT H. SCHULLER ~
	3		
	4		LESSONS LEARNED: (Opportunities for improvement)
	5		
	6		
	7		WINS: (Brag zone)
	8		
	9	END OF DAY REFLECTION	
. 1.4 ,			
Ç.		This morning I am grateful for	Tonight I am grateful for
	1.		1
	2.		2
	2		
	٥.		3

	3.		3	
	2.		2	
	1.		1	
		This morning I am grateful for	Toni <sub>é</sub>	ght I am grateful for
	9	END OF DAY REFLECTION		
	8			
	7		WINS:	(Brag zone)
	6			
	5			
	4		LESSONS LEARNED:	(Opportunities for improvement)
	J			
	3			
	_		~ 0	~ ARISTOTLE ~
	2		Quality	y is not an act, it is a habit.
	1			
	4			
	12	MIDDAY CHECK-IN	3	
	11		2.	
			1	
	10			
			TODAY'S TARGETS:	(Tasks that will move you closer to your goals)
	9			
	8			
	7			
			MI GOAL.	
(L)	6		MY GOAL:	

3		2	
	·	2	
1.	This morning I am grateful for	Tonight I am grateful for	
, <u></u>	THE PROPERTY OF THE REFLECTION		
C			
8			
7	· · · · · · · · · · · · · · · · · · ·	WINS:	(Brag zone)
		WINE	(D
6			
5	· · · · · · · · · · · · · · · ·		
4		LESSONS LEARNED: (Opportunit	ties for improvement)
3		~ MAYA ANGELOU ~	
2		Success is liking yourself, liking what you and liking how you do it.	ao,
		Consequent 1919	1.
1			
12	MIDDAY CHECK-IN	3	
11		2	
		1	
10			
		TODAY'S TARGETS: (Tasks that will move you	ı closer to your goals)
9			
8			
7	·		
		MY GOAL:	
(L) 6		AWCOAL	

# 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.

13-WEEK ROADMAP: GOAL 2 13-WEEK ROADMAP: GOAL 2

RESULT GOAL:	MY COMMITMENT	
This end result goal is very important for me to achieve because,	I, , will commit to completing this goal by:	
PROGRESS GOALS:	You cannot change your destination overnight, but you can change your direction overnight.	
2	~ JIM ROHN ~	
3.	When I achieve this goal, my life will improve in the following ways:	
ACTIONS + TASKS:		٠
Based on Progress Goal #1:		۰
1		٠
3	If I complete this goal by my target date, I will reward myself with:	
Based on Progress Goal #2:		
4.	I will do the following three things to ensure that I will use my SELF Journal to take action on these goals every day:	
6	1	
Based on Progress Goal #3:	2	· · · · · ·
7	3	
8.     9.		
The 13-Week Roadmap goal-setting process is described in pages 18 - 23, this process helps you set smart goals	Signed Date	

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).

13-WEEK ROADMAP: GOAL 3

RESULT GOAL:	MY COMMITMENT	
	I, , will commit to completing t	his goal by:
This end result goal is very important for me to achieve because,		
PROGRESS GOALS:	Life is short, fragile and does not wait for anyone. NEVER be a perfect time to pursue your dreams a	
2	~ UNKNOWN ~	
3		
	When I achieve this goal, my life will improve in the following ways	<b>:</b> :
ACTIONS + TASKS:		
Based on Progress Goal #1:		
1		
2		
3	If I complete this goal by my target date, I will reward myself with:	
Based on Progress Goal #2:		
4	I will do the following three things to ensure that I will use my SELI	F Journal to take
5	action on these goals every day:	
6	1	
Based on Progress Goal #3:	2	
7	3	
8		
9		
The 13-Week Roadmap goal-setting process is described in pages 18 - 23, this process helps you set smart goals	Signed Date _	

238 239

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).