

SELF *journal*

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

CREATED BY
CATHRYN LAVERY & ALLEN BROUWER

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've 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

theselfjournal.com

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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 were 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.

By taking consistent action everyday with the 20-mile march rather than spurts of inconsistent action, they made it to the South pole on schedule. Scott's team that only travelled on good days ended up dying on the journey.

“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 ~

The Morning Routine

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

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 Benjamin Franklin to Steve Jobs to Evan Williams, know how to leverage their mornings to ensure they start their day on a positive and productive note.

GRATITUDE

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

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

Today I am grateful for...

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

GOALS

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

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

TODAY'S TARGETS

Today's targets is the section for your Most Important Tasks (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.

Laura Vanderkam describes this phenomenon perfectly in her book ['What The Most Successful People Do Before Breakfast'](#)³:

"Seizing your mornings is the equivalent of that sound financial advice to pay yourself before you pay your bills. If you wait until the end of the month to save what you have left, there will be nothing left over. Likewise, if you wait until the end of the day to do meaningful but not urgent things like exercise, pray, read, ponder how to advance your career or grow your organization, or truly give your family your best, it probably won't happen."

“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 term “eat that frog,” (which is also the title of a great book on productivity by Brian Tracy) explains how that doing the most important and difficult task on your plate first thing in the morning makes the rest of the day will be 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 kickass 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 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’re spending 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 is 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 3 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 3 weeks, participants reported getting a more refreshing and longer sleep.⁴

Another recent study led by Professor Didon suggests that grateful thoughts can help your 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.⁵

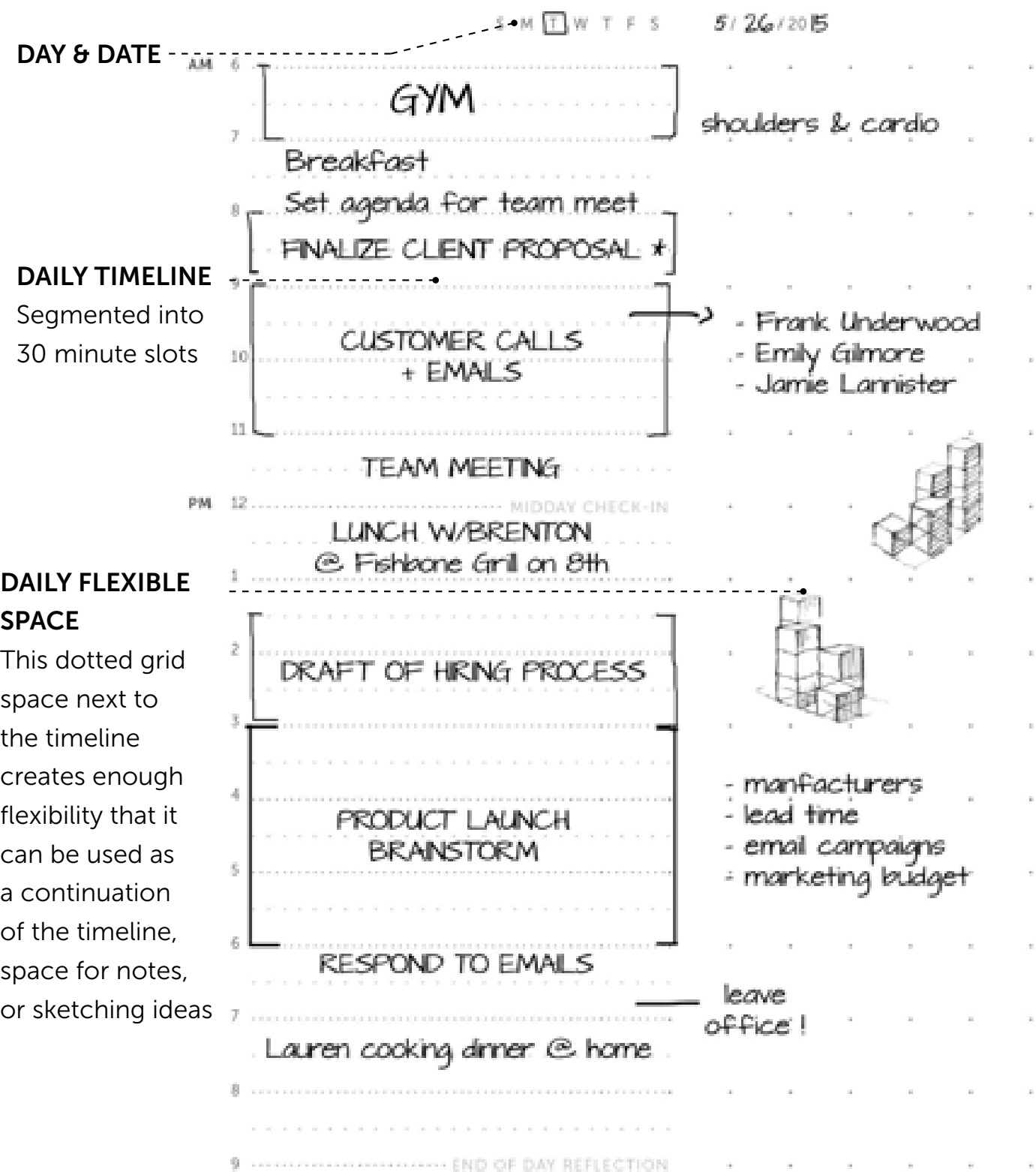
By taking a few minutes for gratitude and focusing on the positive, you are keeping the worry and negative thoughts at bay.

“ ***Early to bed and
early to rise makes
a man healthy,
wealthy, and wise.*** ”

~BENJAMIN FRANKLIN ~

The Daily Breakdown

The morning routine



MORNING GRATITUDE

A space to start your day with positivity

- This morning I am grateful for...
1. I am grateful for the deep and peaceful sleep I had last night.
 2. My family and how supportive they are of my dream.
 3. My healthy body and mind that allow me to perform at my best.

MY GOALS:

weekly/monthly/lifetime... you decide

1. Reach and impact 1,000,000 people by my next birthday
2. Make 100k revenue per month by November 2015
3. Purchase my dream white house in Cranmore within 2 year

“Always deliver more than expected.”
- LARRY PAGE -

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

- Send the new client proposal
- Call 15 customers
- Create a draft of process for hiring new sales personnel
- Call Jeff back

The evening routine

WINS:

(the brag zone)

- Woke up before the alarm clock
- Spoke to 6 customers on the phone
- Ran 5 miles and beat my time

LESSONS LEARNED:

(...and opportunities for improvement)

- Double-check that my microphone is on and working when recording a screen video. Had to re-do the work. Oops!

Tonight I am grateful for... MY TEAM!

1. They work to improve the product so we can impact more people
2. They trust in my judgement and leadership skills
3. Share my vision for the future and help set action steps

GOALS

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

DAILY QUOTE

A dose of inspiration from the greats

TODAY'S TARGETS

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

WINS

How did you win today?

LESSONS LEARNED

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

EVENING GRATITUDE

A space to end your day with positivity.

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. That 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 year-long goals, and instead focus on quarterly accomplishments. These can be used to hold you accountable for your long term goals, but in manageable chunks where you can see an end in sight. Giving yourself 13-weeks means you can focus on **one goal at a time**, knowing that the next quarter can be used for the next goal you have in mind. The purpose of this short term goal is to motivate you into taking action today and not to procrastinate - because your time is limited.

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 to 25 percent.⁶ By applying this logic to an average workday of 8 hours, it's like getting an extra 2 hours of work into this 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 that specific yet difficult goals led to better task performance 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 then executing and measuring

their progress. The 13-Week goal setting roadmap helps you set S.M.A.R.T (Specific, Measureable, 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. It's 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."*

The 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 goals are very clear and trackable objectives to measure your advancement. When creating progress goals, 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 it's a customer acquisition number, a progress goal like "I will improve my sales conversions by 15%" would makes sense.

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

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

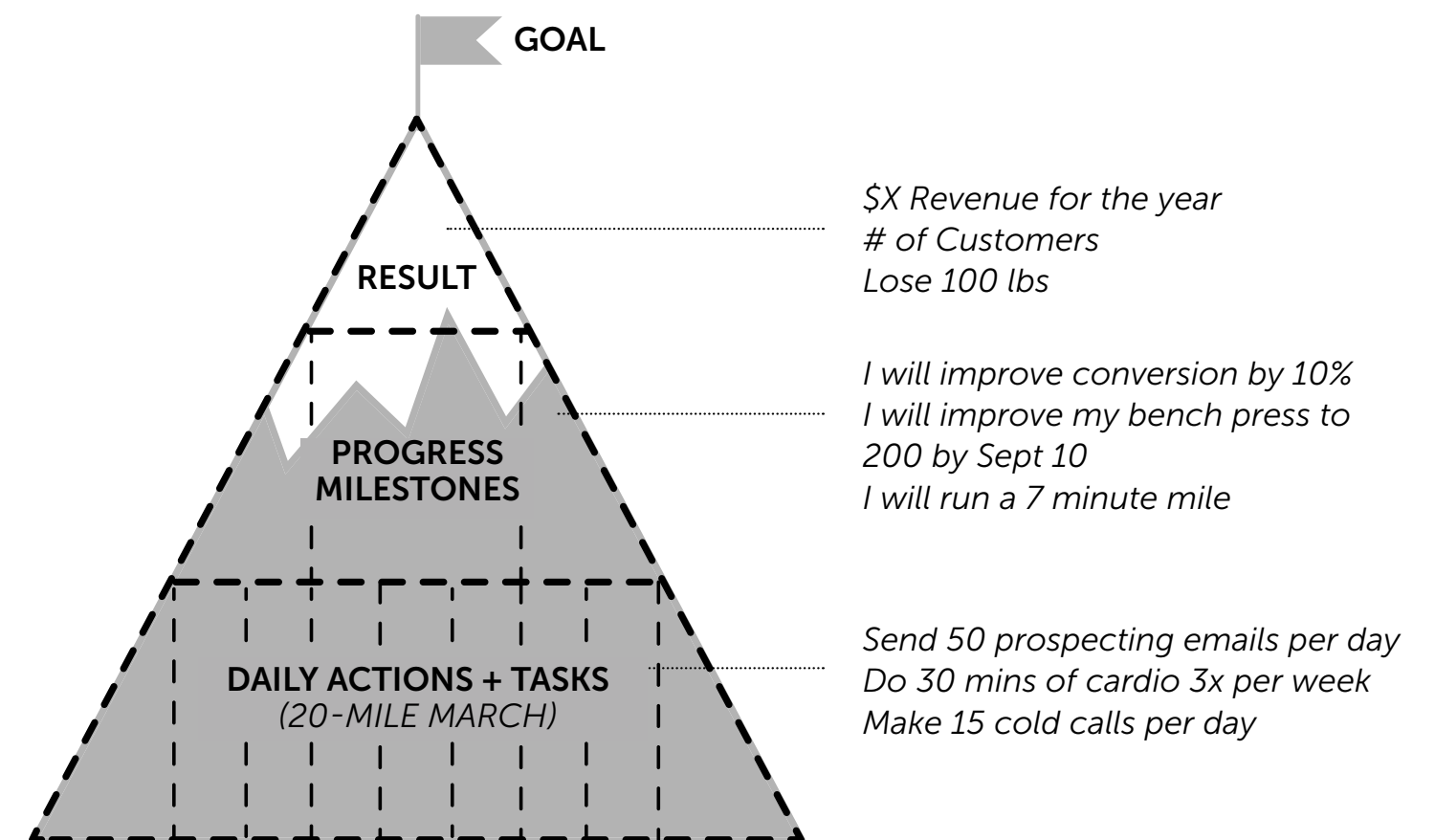
THE PURPOSE OF CREATING A ROADMAP

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; so, 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 on your own personal 20-mile march, you will arrive exactly where you want 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 how to 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.



Want more help on how to break down your goals? We've put together a list of questions to help you discover your goals here: theselfjournal.com/roadmap

A 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?

RESULT GOAL:

Hit 200k in revenue with the next product launch

This 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 increase my website traffic by 20%
3. I will increase my email list by 10,000 subscribers

ACTIONS:

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. Learn how to use facebook ads, udemy course

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 Gates, will commit to completing this goal by:
2nd September 2015

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 ~

By achieving this goal my life will improve in the following ways:

I can spend less time doing consulting which I don't enjoy and spend more time with my family. I will be making a positive impact on 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 weekend away with my wife

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 so I can plan daily tasks the night before
2. Share my goal commitment with my 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 Gates

Date

02/06/2015

Reflection & Tracking

...creating good habits and reviewing progress.

HABIT TRACK

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 - 5 MILE	3			✓	✓		✓		3
READING	5		✓		✓	✓		✓	4
YOGA	2	✓		✓			✓		3
100 SIT-UPS	4		✓		✓	✓	✓		4

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

8! I was happy with my weekly practice tracking. I've been feeling much more in flow with work than I have in a while. I think due to the interest I have in the creation of this new product. I think next week I can complete 2 of my process goals.

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.

WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

1. Ran the 5 mile loop and beat my personal best time.
2. Automated a process that will save me 7 hours per week on average.
3. I didn't drink any alcohol this week and stuck to paleo diet.

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

Yes. I completed 1 of my process goals. Got a little off track towards the end of the week due to having family in town, however I will catch up with that next week when it's less hectic. I aim to complete another 2 process goals within the next 2 weeks.

WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?

Not to overbook myself too much with calls and meetings. trying to keep them all in 1-2 days per week so I can spend the rest of my time on important work without having to break my focus.

YOU'RE HERE

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



NOTES & IDEAS

The dot grid provides enough structure for writing or journaling while open enough for sketching, drawing, and brainstorming. Feel free to use this space however you desire.



DIRECTION

Your goal is in sight. Keep taking the right steps to get there.

APPOINTMENT PLANNER

MONTH:

01

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NOTES:

APPOINTMENT PLANNER

MONTH:

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NOTES:

APPOINTMENT PLANNER

MONTH:

01 02 03

04 05 06 07 08 09

10 11 12 13 14 15

16 17 18 19 20 21

22 23 24 25 26 27

28 29 30 31 **NOTES:**

PHYSICAL:

What will I do that serves my physical body?

SPIRITUAL:

*How will I nourish my spirit?
Meditation. Mindfulness practice. Prayer*

CONTRIBUTION & SERVICE:

What can I do to serve another human being?

RELATIONSHIPS:

How will I deepen the important relationships in my life?

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, will 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 _____

Weekly Milestones

Set your weekly milestones to measure your progress against each week. This will keep you on target to your goal. You can reflect on each milestone and how your week went on the weekly tracking page, which shows up at the end of each week.

1

- 1.
- 2.
- 3.

PAGE 48

2

- 1.
- 2.
- 3.

PAGE 64

3

- 1.
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PAGE 80

4

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- 2.
- 3.

PAGE 96

5

- 1.
- 2.
- 3.

PAGE 112

6

- 1.
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- 3.

PAGE 128

7

- 1.
- 2.
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PAGE 144

8

- 1.
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- 3.

PAGE 160

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- 1.
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PAGE 176

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- 1.
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PAGE 192

11

- 1.
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PAGE 208

12

- 1.
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PAGE 226

13

- 1.
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- 3.

PAGE 242

AM 6
7
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9
10
11
PM 12	MIDDAY CHECK-IN
1
2
3
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5
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8
9	END OF DAY REFLECTION

MY GOALS:

weekly/monthly/lifetime... you decide.

.....

.....

.....

“**Coming together is a beginning; keeping together is progress; working together is success.**”

~ HENRY FORD ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

1.
2.
3.

WINS:

(the brag zone)

.....

.....

.....

LESSONS LEARNED:

(...and opportunities for improvement)

.....

.....

.....



This morning I am grateful for...

1.
2.
3.

Tonight I am grateful for...



1.
2.
3.

AM 6
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11
PM 12	MIDDAY CHECK-IN
1
2
3
4
5
6
7
8
9	END OF DAY REFLECTION

MY GOALS:

weekly/monthly/lifetime... you decide.

.....

.....

.....

“**No one ever achieved greatness by playing it safe.**”

~ HARRY GRAY ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

1.
2.
3.

WINS:

(the brag zone)

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LESSONS LEARNED:

(...and opportunities for improvement)

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This morning I am grateful for...

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Tonight I am grateful for...



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9	END OF DAY REFLECTION

MY GOALS:

weekly/monthly/lifetime... you decide.

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“***It’s never too late to redefine self-control, to change long ingrained habits, and to do the work you’re capable of.***”

~ SETH GODIN ~

TODAY’S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“*When we seek to discover the best in others, we somehow bring out the best in ourselves.*”

~ WILLIAM ARTHUR WARD ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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9 END OF DAY REFLECTION

MY GOALS:

weekly/monthly/lifetime... you decide.

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“ ***It takes twenty years to build a reputation and five minutes to ruin it.*** ”

~ WARREN BUFFETT ~

TODAY'S TARGETS:

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(the brag zone)

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9 END OF DAY REFLECTION

MY GOALS:

weekly/monthly/lifetime... you decide.

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“**Kiss slowly, laugh insanely, live truly, and forgive quickly.**”

~ PAULO COELHO ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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“**The optimist sees opportunity in every danger; the pessimist sees danger in every opportunity.**”

~ WINSTON CHURCHILL ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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This morning I am grateful for...

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“***It’s fine to celebrate success but it is more important to heed the lessons of failure.***”

~ BILL GATES ~

TODAY’S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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This morning I am grateful for...

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**Wherever you are - be all there.**”

~ JIM ELLIOT ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**Always deliver more than expected.**”

~ LARRY PAGE ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**Anyone who has a why to live can bear almost any what.**”

~ NIETZCHE ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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MY GOALS: weekly/monthly/lifetime... you decide.

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“**To be successful you must accept all challenges that come your way.**”

~ MIKE GAFKA ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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“**Today is the tomorrow we worried about yesterday.**”

~ ANN BRASHARES ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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weekly/monthly/lifetime... you decide.

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“**We must be the change we wish to see in the world.**”

~ MAHATMA GANDHI ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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weekly/monthly/lifetime... you decide.

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“**Efficiency is doing things right, effectiveness is doing the right things.**”

~ TIM FERRIS ~

TODAY'S TARGETS:

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**If you don't like how things are, change it. You are not a tree.**”

~ JIM ROHN ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“***If you cannot do great things, do small things in a great way.***”

~ NAPOLEON HILL ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

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9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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“***If you want to conquer fear, don't sit home and think about it. Go out and get busy.***”

~ DALE CARNEGIE ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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“**Let us live that when we come to die even
the undertaker will be sorry.**”

~ MARK TWAIN ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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“**You are the average of the five people you spend the most time with.**”

~ JIM ROHN ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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	9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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“**Approach everything as a creative opportunity.**”

~ DANIELLE LAPORTE ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“***It's kind of fun to do the impossible.***”

~ WALT DISNEY ~

TODAY'S TARGETS:

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	9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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“ ***I hated every minute of training, but I said
“Don’t quit. Suffer now and live the rest of your life as a champion”.*** ”

~ MUHAMMAD ALI ~

TODAY’S TARGETS: (tasks to complete to move closer to your goals)

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9 END OF DAY REFLECTION

MY GOALS:

weekly/monthly/lifetime... you decide.

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“**What you do today can improve all your tomorrows.**”

~ RALPH MARSTON ~

TODAY'S TARGETS:

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9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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“**Either write something worth reading or do something worth writing.**”

~ BENJAMIN FRANKLIN ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**Build your own dreams, or someone else will hire you to build theirs.**”

~ FARRAH GRAY ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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MY GOALS: weekly/monthly/lifetime... you decide.

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“ **Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.** ”

~ MARK TWAIN ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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LESSONS LEARNED: (...and opportunities for improvement)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**The scariest moment is always just before you start.**”

~ STEPHEN KING ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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LESSONS LEARNED:

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

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WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

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

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WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?

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TRACKING:  WEEK 4

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MY GOALS: weekly/monthly/lifetime... you decide.

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“***There’s nothing wrong with staying small.
You can do big things with a small team.***”

~ CYRUS SHEPARD ~

TODAY’S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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LESSONS LEARNED: (...and opportunities for improvement)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.**”

~ ALBERT SCHWEITZER ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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LESSONS LEARNED:

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MY GOALS:

weekly/monthly/lifetime... you decide.

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

~ EILEEN FISHER ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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MY GOALS: weekly/monthly/lifetime... you decide.

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“***Life begins at the end of your comfort zone.***”

~ NEAL DONALD WALSCH ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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MY GOALS: weekly/monthly/lifetime... you decide.

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“**You don’t learn to walk by following rules.
You learn by doing and falling over.**”

~ RICHARD BRANSON ~

TODAY’S TARGETS: (tasks to complete to move closer to your goals)

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MY GOALS: weekly/monthly/lifetime... you decide.

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“**Ideas are easy. Implementation is hard.**”
~ GUY KAWASAKI ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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LESSONS LEARNED: (...and opportunities for improvement)

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This morning I am grateful for...

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9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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“The more we do, the more we can do.”

~ WILLIAM HAZLITT ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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LESSONS LEARNED: (...and opportunities for improvement)

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This morning I am grateful for...

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Tonight I am grateful for...

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HABIT / ACTIVITY	GOAL	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL
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ON A SCALE OF 1-10, HOW HAPPY WERE YOU THIS WEEK AND WHY?

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WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

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

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WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?

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9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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“*The man who moves a mountain begins by carrying away small stones.*”

~ CONFUCIUS ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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LESSONS LEARNED: (...and opportunities for improvement)

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This morning I am grateful for...

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9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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“**Those who do not move, do not notice their chains.**”
 ~ ROSA LUXEMBURG ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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LESSONS LEARNED: (...and opportunities for improvement)

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9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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“**Everything you want is out there waiting for you to ask. Everything you want also wants you. But you have to take action to get it.**”

~ JACK CANFIELD ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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LESSONS LEARNED: (...and opportunities for improvement)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**Action is the foundational key to all success.**”

~ PABLO PICASSO ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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LESSONS LEARNED:

(...and opportunities for improvement)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“ ***It is more important to know where you are going than to get there quickly. Do not mistake activity for achievement.*** ”

~ ISOCRATES ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**As a leader, it’s a major responsibility on your shoulders to practice the behavior you want others to follow.**”

~ HIMANSHU BHATIA ~

TODAY’S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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This morning I am grateful for...

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.**”

~ HENRY FORD ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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LESSONS LEARNED:

(...and opportunities for improvement)

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Tonight I am grateful for...



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

weekly/monthly/lifetime... you decide.

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“**Don't cry because it's over, smile because it happened.**”

~ DR SEUSS ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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9	END OF DAY REFLECTION

MY GOALS:

weekly/monthly/lifetime... you decide.

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“***I’ve failed over and over again in my life
and that is why I succeed.***”

~ MICHAEL JORDAN ~

TODAY’S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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LESSONS LEARNED:

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9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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“***I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.***”

~ MAYA ANGELOU ~

TODAY’S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**Nothing is impossible, the word itself says I’m possible.**”

~ AUDREY HEPBURN ~

TODAY’S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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“*The young and the ambitious share a common risk: appearing naive.*”

~ SCOTT BELSKY ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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LESSONS LEARNED: (...and opportunities for improvement)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**The only way to do great work is to love what you do.
If you haven't found it yet, keep looking. Don't settle.**”

~ STEVE JOBS ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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LESSONS LEARNED:

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**We are not creatures of circumstance, we are creators of circumstance.**”

~ BENJAMIN DISRAELI ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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LESSONS LEARNED:

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**Many people die at twenty five and aren't buried until they are seventy five.**”

~ BENJAMIN FRANKLIN ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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LESSONS LEARNED:

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“ **Opportunity is missed by most people because it is dressed in overalls and looks like work.** ”

~ THOMAS EDISON ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

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LESSONS LEARNED:

(...and opportunities for improvement)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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

~ WALT DISNEY ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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“***If you are not putting out relevant content in relevant places you don't exist.***”

~ GARY VAYNERCHUK ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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“**Motivation is what gets you started.**
Habit is what keeps you going.”

~ JIM ROHN ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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LESSONS LEARNED: (...and opportunities for improvement)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**You only live once, but if you do it right, once is enough.**”

~ MAE WEST ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

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LESSONS LEARNED:

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**Only those who are asleep make no mistakes.**”

~ INGVAR KAMPRAD ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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LESSONS LEARNED:

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment.**”

~ EMERSON ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

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LESSONS LEARNED:

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9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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“**The master has failed more times than the beginner has even tried.**”

~ STEPHEN MCCRANIE ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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

~ J.K. ROWLING ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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

~ ZIG ZIGLAR ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“***If you’re not a risk taker, you should get the hell out of business.***”

~ EMERSON ~

TODAY’S TARGETS:

(tasks to complete to move closer to your goals)

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(the brag zone)

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weekly/monthly/lifetime... you decide.

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“**Make your team feel respected, empowered and genuinely excited about the company’s mission.**”

~ TIM WESTERGEN ~

TODAY’S TARGETS:

(tasks to complete to move closer to your goals)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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

~ AYN RAND ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**Best way of selling something: Don't sell anything. Earn the awareness, respect, and trust of those who might buy.**”

~ RAND FISHKIN ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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LESSONS LEARNED:

(...and opportunities for improvement)

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This morning I am grateful for...

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Tonight I am grateful for...

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9 END OF DAY REFLECTION

MY GOALS:

weekly/monthly/lifetime... you decide.

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“ ***Intense desire not only creates its own possibilities,
but its own talents.*** ”

~ KOBI YAMADA ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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(the brag zone)

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LESSONS LEARNED:

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9	END OF DAY REFLECTION

MY GOALS:

weekly/monthly/lifetime... you decide.

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“**Always deliver more than expected.**”

~ LARRY PAGE ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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LESSONS LEARNED:

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9	END OF DAY REFLECTION

MY GOALS:

weekly/monthly/lifetime... you decide.

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“ **Whatever you want in life, other people are going to want it too. Believe in yourself enough to accept the idea that you have an equal right to it.** ”

~ LILA DIANE SAWYER ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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9 END OF DAY REFLECTION



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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**The best use of money as a motivator is to pay people enough to take the issue of money off the table.**”

~ DANIEL H. PINK ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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LESSONS LEARNED:

(...and opportunities for improvement)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**Success is actually a short race—a sprint fueled by discipline just long enough for habit to kick in and take over.**”

~ GARY KELLER ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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LESSONS LEARNED:

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9 END OF DAY REFLECTION

MY GOALS:

weekly/monthly/lifetime... you decide.

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“**People don't buy what you do; they buy why you do it.
And what you do simply proves what you believe.**”

~ SIMON SINEK ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

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LESSONS LEARNED:

(...and opportunities for improvement)

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

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WHAT WERE YOUR 3 BIG WINS FOR THE WEEK?

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

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WHAT WAS THE BIGGEST LESSON YOU LEARNED THIS WEEK?

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9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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“**The vast majority of things are distractions, and very few really matter to your success.**”

~ EVAN WILLIAMS ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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LESSONS LEARNED: (...and opportunities for improvement)

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This morning I am grateful for...

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**Your most important task as a leader is to teach people how to think and ask the right questions so that the world doesn't go to hell if you take a day off.**”

~ JEFFREY PFEFFER ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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LESSONS LEARNED:

(...and opportunities for improvement)

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Tonight I am grateful for...



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MY GOALS:

weekly/monthly/lifetime... you decide.

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“***It’s about doing things that you haven’t done before, where you’re still kind of a beginner, and not resting on your laurels.***”

~ CATERINA FAKE ~

TODAY’S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

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LESSONS LEARNED:

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9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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**“Risk more than others think is safe.
Dream more than others think is practical.”**

~ HOWARD SCHULTZ ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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LESSONS LEARNED: (...and opportunities for improvement)

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9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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“**Wonder what your customer really wants? Ask. Don't tell.**”

~ LISA STONE ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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LESSONS LEARNED: (...and opportunities for improvement)

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9 END OF DAY REFLECTION

MY GOALS: weekly/monthly/lifetime... you decide.

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

~ SHERYL SANDBERG ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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LESSONS LEARNED: (...and opportunities for improvement)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“ **Quality is much better than quantity. One home run is much better than two doubles.** ”

~ CASSANDRA SANFORD ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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LESSONS LEARNED:

(...and opportunities for improvement)

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This morning I am grateful for...

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Tonight I am grateful for...



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A friendly Reminder

2 Weeks Notice

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

How are you doing with your goals?

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

theselfjournal.com

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**Take success and failures as they come,
since things often change at a moment’s notice.**”

~ JULIETTE BRINDAK ~

TODAY’S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

(the brag zone)

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LESSONS LEARNED:

(...and opportunities for improvement)

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This morning I am grateful for...

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“***Our attitude toward life determines life’s attitude towards us.***”

~ EARL NIGHTINGALE ~

TODAY’S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

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This morning I am grateful for...

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“***So often people are working hard at the wrong thing. Working on the right thing is probably more important than working hard.***”

~ CATERINA FAKE ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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(the brag zone)

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LESSONS LEARNED:

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MY GOALS: weekly/monthly/lifetime... you decide.

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“**Quality means doing it right when no one is looking.**”

~ HENRY FORD ~

TODAY'S TARGETS: (tasks to complete to move closer to your goals)

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WINS: (the brag zone)

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weekly/monthly/lifetime... you decide.

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“**You miss 100 percent of the shots you don’t take.**”

~ WAYNE GRETZKY ~

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weekly/monthly/lifetime... you decide.

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

~ SOPHIA AMORUSO ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“I don’t look to jump over seven-foot bars; I look around for one-foot bars that I can step over.”
 ~ WARREN BUFFETT ~

TODAY’S TARGETS:

(tasks to complete to move closer to your goals)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“ ***I don't know the key to success, but
the key to failure is trying to please everybody.*** ”

~ GARY KELLER ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“ ***If you want to awaken all of humanity, awaken all of yourself.*** ”

~ LAO TZU ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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weekly/monthly/lifetime... you decide.

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“***There’s nothing wrong with staying small.
You can do big things with a small team.***”

~ JASON FRIED ~

TODAY’S TARGETS:

(tasks to complete to move closer to your goals)

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“**Ideas are easy. Implementation is hard.**”

~ GUY KAWASAKI ~

TODAY'S TARGETS:

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“***If you think you can do a thing or think you can't do a thing, you're right.***”

~ HENRY FORD ~

TODAY'S TARGETS:

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This morning I am grateful for...

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MY GOALS:

weekly/monthly/lifetime... you decide.

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“**Be like a postage stamp—stick to one thing until you get there.**”

~ JOSH BILLINGS ~

TODAY'S TARGETS:

(tasks to complete to move closer to your goals)

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weekly/monthly/lifetime... you decide.

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“***I’m convinced that about half of what separates the successful entrepreneurs from the non-successful ones is pure perseverance.***”

~ STEVE JOBS ~

TODAY’S TARGETS:

(tasks to complete to move closer to your goals)

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WINS:

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LESSONS LEARNED:

(...and opportunities for improvement)

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Congratulations

...you did it!

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

If you have some time, grab a coffee and take a look back over the journal to see how far you've come. Take note of the lessons you've learned and your personal wins. You've hit a milestone! You've been intentional in planning your day and defining your goals for the past 13 weeks.

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