



Daily Success Rituals Action Planner

Daily Success Rituals Action Planner

The following guide is a collection of all exercises from the 4 part “Daily Success Rituals” training program. In each of the 4 parts, you were given assignments/actions to complete to help you establish daily success rituals in your life.

Use this planner to help you complete each exercise and document your results as you go through the program and implement the suggested activities into your life.

WarriorScholarUniversity.com



Part 1: Daily Foundation

Exercise 1: Daily Journal

Establish a daily journal that you will use every day moving forward. Whether you want to use a pen/notebook, tablet, phone, laptop or any other tracking device is up to you. But decide now what your journal will be and write a commitment to yourself below to use it daily...

Exercise 2: 3 Question Daily Review

In your journal note the answers to the following...

1. What went well yesterday? 2. What could you have done better? 3. What lesson(s) did you learn?

Exercise 3: Daily Gratitude

In your journal note the answers to the following...

Write (or type) everything you are grateful for in your life. Refer to the gratitude suggestion list in Week 1 if needed.

Exercise 4: Establishing Mindset

*Set aside at least 30 minutes to read, watch, listen or discuss content that will fuel your mindset. **Document any key lessons in your journal.***

Exercise 5: Implementing Mantras

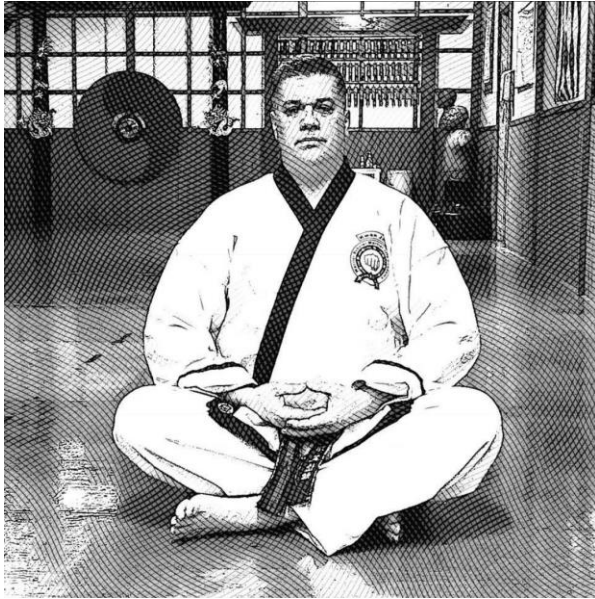
Create a phrase for each “mindset” that you want to remember during the day. Document each phrase as a mantra in your success Journal.

Exercise 6: Review Long Term Goals

Write each long term goal in your Success Journal. Document why you must achieve it.

Exercise 7: Daily Goals And Objectives

Write down your main tasks/objectives for the day in your Success Journal. Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity



“Your inner
reality creates
your outer
reality”

DAILY JOURNAL MONDAY

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

DAILY JOURNAL MONDAY

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*



“Whether you think
you can or you
think you can’t,
You are right.”

-Henry Ford

DAILY JOURNAL TUESDAY

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

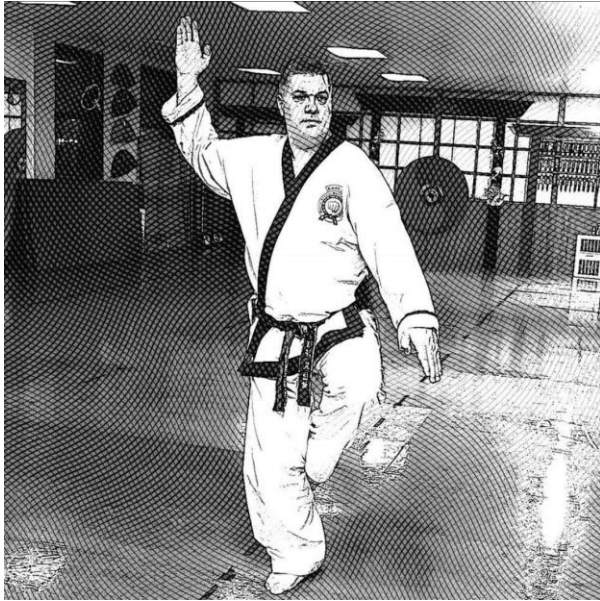
DAILY JOURNAL TUESDAY

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*



“A person who never made a mistake never tried anything new”
- Albert Einstein

DAILY JOURNAL WEDNESDAY

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

DAILY JOURNAL WEDNESDAY

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset.
Takeaways from this;

Create a phrase for each "mindset" that you want to remember during the day.
Document each phrase as a mantra in your success Journal.

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*



“Be the change
you want to see
in the world”

– Gandhi

DAILY JOURNAL THURSDAY

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

DAILY JOURNAL THURSDAY

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset.
Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day.
Document each phrase as a mantra in your success Journal.

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*



“Life isn’t about finding yourself. Life is about creating yourself.”
- George Bernard Shaw

DAILY JOURNAL FRIDAY

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

DAILY JOURNAL FRIDAY

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*



“The 'Earth'
without 'ART'
is just 'eh'”

DAILY JOURNAL SATURDAY

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

DAILY JOURNAL SATURDAY

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset.
Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day.
Document each phrase as a mantra in your success Journal.

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*



If you don't have
time to do it right,
you better make
time to do it over.
-Russian Proverb

DAILY JOURNAL SUNDAY

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

DAILY JOURNAL SUNDAY

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

Part 2: Explosive Start

Exercise 1: Document Daily Priorities

Get Organized: Using a journal or calendar system, document 3 main buckets of priorities:

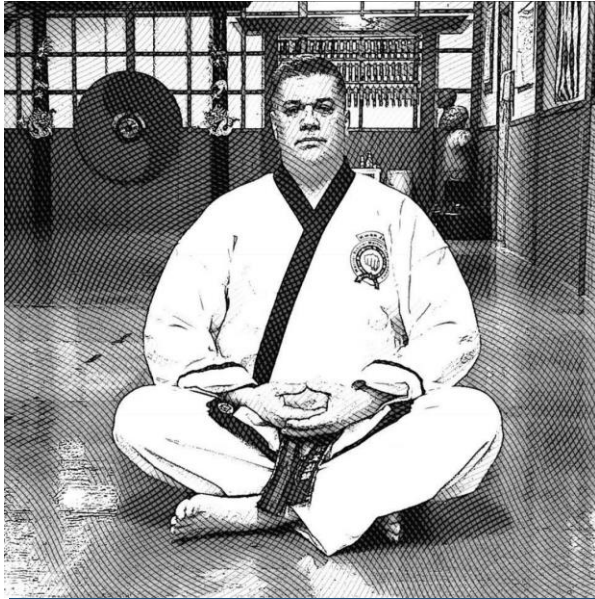
- 1. Absolute #1 Priority task for the day*
- 2. Additional 2-3 high priority tasks*
- 3. Collection of lower priority "to do" list stuff*

Exercise 2: The Power Of Priority #1

*Take the priority #1 item you identified and complete it first thing. * If it is a multi-day task, complete the piece you can do today **

Exercise 3: The Power Of Momentum

Pick a small habit that you can implement starting today to demonstrate the power of momentum to yourself



“Your inner
reality creates
your outer
reality”

DAILY JOURNAL MONDAY WEEK 2

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

What small habit did you implement?

DAILY JOURNAL MONDAY WEEK 2

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____



“Whether you think
you can or you
think you can’t,
You are right.”
-Henry Ford

DAILY JOURNAL TUESDAY WEEK 2

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

What small habit did you implement?

DAILY JOURNAL TUESDAY WEEK 2

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

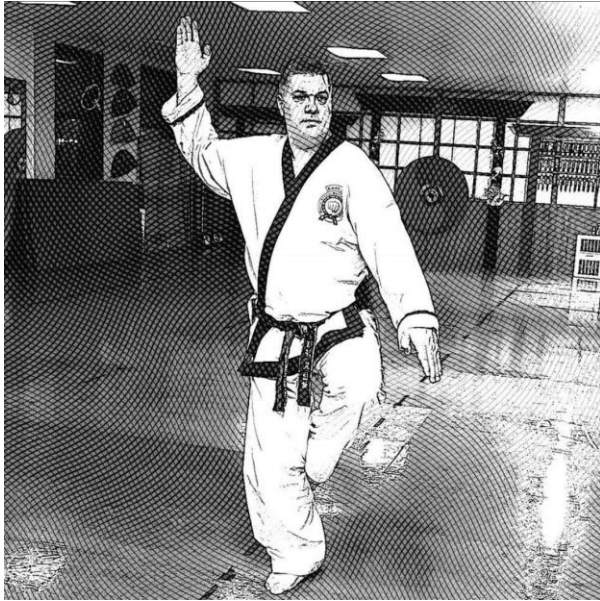
HIGH PRIORITY: _____

HIGH PRIORITY: _____

ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____



“A person who never made a mistake never tried anything new”
- Albert Einstein

DAILY JOURNAL WEDNESDAY W2

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

What small habit did you implement?

DAILY JOURNAL WEDNESDAY W2

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____



“Be the change
you want to see
in the world”

– Gandhi

DAILY JOURNAL THURSDAY W2

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

What small habit did you implement?

DAILY JOURNAL THURSDAY W2

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____



“Life isn’t about finding yourself. Life is about creating yourself.”
- George Bernard Shaw

DAILY JOURNAL FRIDAY W2

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

What small habit did you implement?

DAILY JOURNAL FRIDAY W2

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____



“The 'Earth'
without 'ART'
is just 'eh'”

DAILY JOURNAL SATURDAY W2

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

What small habit did you implement?

DAILY JOURNAL SATURDAY W2

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____



If you don't have
time to do it right,
you better make
time to do it over.
-Russian Proverb

DAILY JOURNAL SUNDAY W2

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

What small habit did you implement?

DAILY JOURNAL SUNDAY W2

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each "mindset" that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____

Part 3: Daily Foundation

Exercise 1: Your “Sweet Spot”

Take time to brainstorm your general disposition. Are you more prone to “overdo” it or “under-do” it?

Exercise 2: Energy Measurement

Review the past week (or further if possible) and make a note of

- 1. What times of day your energy peaked*
- 2. What times of day your energy dipped*
- 3. What factors contributed to a peak/dip*

Exercise 3: Maximizing Energy

*Begin incorporating the concept of 90 minute work blocks into your day
Start with 1 today and build up. Create a work block and a break block and force yourself to stick to it.*

Exercise 4: Boosting Your Energy All Day

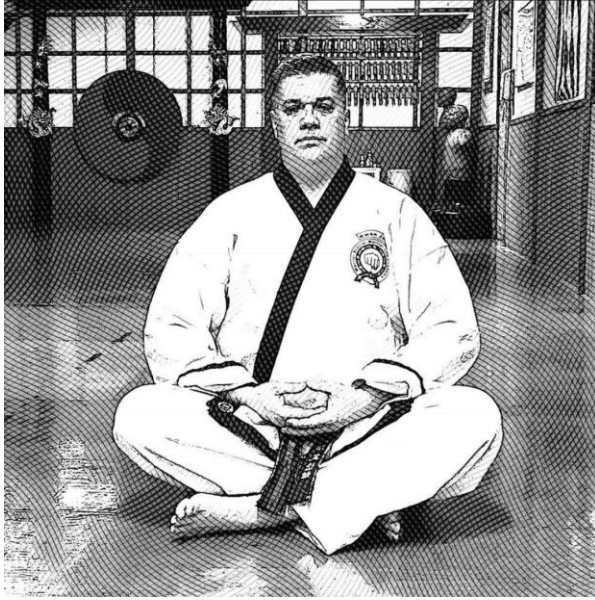
*Every day for the next 7 days, choose 1 “energy booster” that you will use the moment you notice an energy dip. Review Module 3 energy boosters including **Mental Shadowboxing, Verbal Mantras, Physical State Change, Meditation, Mental Stimulation.***

Document your method/result

Exercise 5: How You Live

*Pick one area about “how you live” that will have the highest impact on your energy improvement. **Fitness - Nutrition - Sleep - Stress Management - Personal Development***

Spend the next 7 days “fixing” that area



“Your inner reality creates your outer reality”

DAILY JOURNAL MONDAY WEEK 3

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

What small habit did you implement?

DAILY JOURNAL MONDAY WEEK 3

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each "mindset" that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____



“Whether you think
you can or you
think you can’t,
You are right.”

-Henry Ford

DAILY JOURNAL TUESDAY WEEK 3

4. What went well yesterday?

5. What could you have done better?

6. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

What small habit did you implement?

DAILY JOURNAL TUESDAY WEEK 3

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

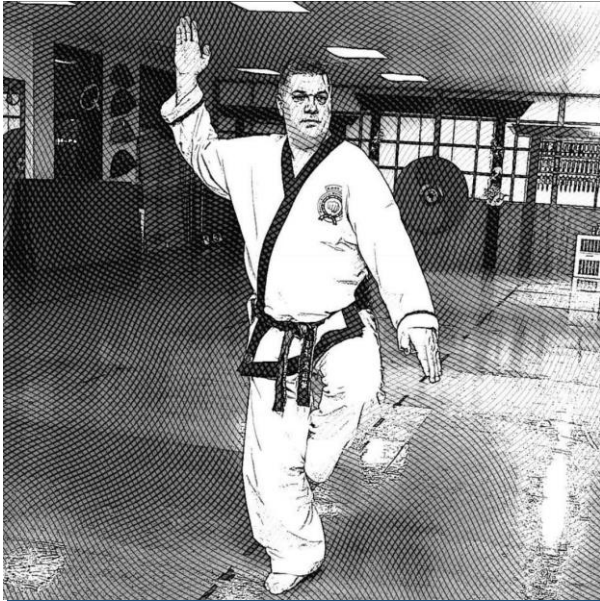
HIGH PRIORITY: _____

HIGH PRIORITY: _____

ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____



“A person who never made a mistake never tried anything new”
- Albert Einstein

DAILY JOURNAL WEDNESDAY W3

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

What small habit did you implement?

DAILY JOURNAL WEDNESDAY W3

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____



“Be the change
you want to see
in the world”

– Gandhi

DAILY JOURNAL THURSDAY W3

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

What small habit did you implement?

DAILY JOURNAL THURSDAY W3

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____



“Life isn’t about finding yourself. Life is about creating yourself.”
- George Bernard Shaw

DAILY JOURNAL FRIDAY WEEK 3

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

What small habit did you implement?

DAILY JOURNAL FRIDAY WEEK 3

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____



“The 'Earth'
without 'ART'
is just 'eh'”

DAILY JOURNAL SATURDAY W3

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

What small habit did you implement?

DAILY JOURNAL SATURDAY W3

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____



If you don't have time to do it right, you better make time to do it over.
-Russian Proverb

DAILY JOURNAL SUNDAY W3

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

What small habit did you implement?

DAILY JOURNAL SUNDAY W3

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset.
Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day.
Document each phrase as a mantra in your success Journal.

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____

Part 4: Recharge and Renew

Exercise 1: Having A Planned Stop Time

Set an absolute “drop dead” time where you will stop work completely each day.

Lock yourself in by creating at least 1 external commitment

Exercise 2: Review Your Completes/Incompletes

Using either a pen/paper journal or an electronic notebook, create a column for completes and incompletes.

Spend 10-15 minutes filling in each column right after your “stop time”

Exercise 3: Next Day Priorities

Using the same pen/paper journal or electronic notebook, choose between 3-7 priorities for your next day.

Write each one down then assign a number 1-7 so you know where to begin your next day.

Exercise 4: Disconnect Activities

Starting today, for the next 5 “work” days, select in advance, 1 disconnect activity you will do for each of the 5 days.

Add it to your agenda, calendar or priority list so you don’t forget. Discover the activities you like best and create rituals around those.

Exercise 5: Getting Sufficient Rest

Think back to the nights where you had your best rest. What were the contributing factors.

- 1. Determine your ideal pre-sleep routine*
- 2. Determine your ideal sleep time*
- 3. Determine your ideal wake up time*



“Your inner
reality creates
your outer
reality”

DAILY JOURNAL MONDAY WEEK 4

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

What small habit did you implement?

DAILY JOURNAL MONDAY WEEK 4

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____

DAILY JOURNAL MONDAY WEEK 4

Completes:

Incompletes:

Tomorrows Priorities:

Disconnect Activity:

Sleep Routine: _____

Best Sleep Time: _____ Best Wake Time: _____



“Whether you think
you can or you
think you can’t,
You are right.”

-Henry Ford

DAILY JOURNAL TUESDAY WEEK 4

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

What small habit did you implement?

DAILY JOURNAL TUESDAY WEEK 4

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

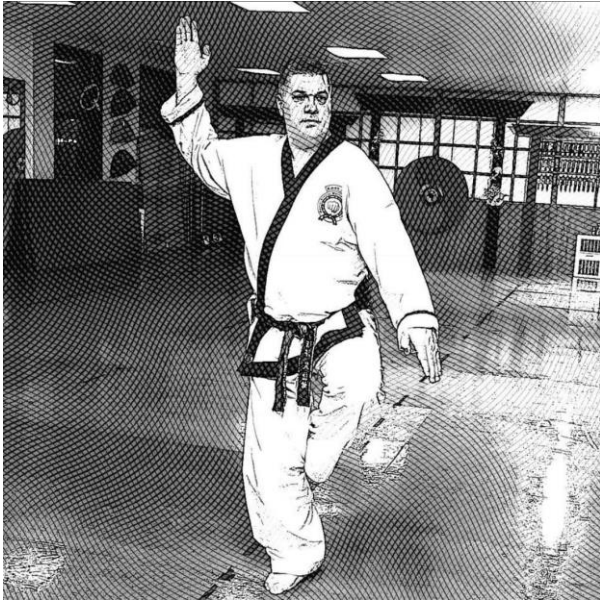
HIGH PRIORITY: _____

HIGH PRIORITY: _____

ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____



“A person who never made a mistake never tried anything new”
- Albert Einstein

DAILY JOURNAL WEDNESDAY W4

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

What small habit did you implement?

DAILY JOURNAL WEDNESDAY W4

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____



“Be the change
you want to see
in the world”

– Gandhi

DAILY JOURNAL THURSDAY W4

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

What small habit did you implement?

DAILY JOURNAL THURSDAY W4

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____



“Life isn’t about finding yourself. Life is about creating yourself.”
- George Bernard Shaw

DAILY JOURNAL FRIDAY WEEK 4

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

What small habit did you implement?

DAILY JOURNAL FRIDAY WEEK 4

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____



“The 'Earth'
without 'ART'
is just 'eh'”

DAILY JOURNAL SATURDAY W4

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

What are you grateful for?

What small habit did you implement?

DAILY JOURNAL SATURDAY W4

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____

DAILY JOURNAL SATURDAY W4

1. Last week when did my energy peak?
2. When did my energy dip?
3. What were the contributing factors?

My energy Booster for this week:

The 'How I live' area that I need to improve:



If you don't have
time to do it right,
you better make
time to do it over.
-Russian Proverb

DAILY JOURNAL SUNDAY W4

1. What went well yesterday?
2. What could you have done better?
3. What lesson(s) did you learn?

In your journal note the answers to the following...
What are you grateful for?

What small habit did you implement?

DAILY JOURNAL SUNDAY W4

Set aside 30 minutes to read, watch, listen or discuss content that will fuel my mindset. Takeaways from this;

Create a phrase for each “mindset” that you want to remember during the day. **Document each phrase as a mantra in your success Journal.**

My long term goal and why it is important;

Main tasks/objectives for today; *Pick 3-5 items as top priority by placing a 1,2,3, etc.. beside each activity*

TOP PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

HIGH PRIORITY: _____

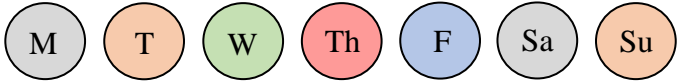
ADDITIONAL: _____

ADDITIONAL: _____

ADDITIONAL: _____

DAY PLANNER

___ / ___ / ___



To Do List:

Appointments:

Today I am Grateful for:

Goals:

Breakfast

Lunch

Dinner

Water 

Snacks

Fitness

Mood
