



# EVERY DAY EVERY MONTH *JOURNAL*

*Look at your intention and goals every day and journal your steps.*

*Gift yourself the time to think about what you will bring to your day that will keep you on track for your goals. Use this daily journal to keep you on your path and purpose.*

## Daily Dose of Appreciation

Your Inspiring  
thoughts and words  
of appreciation.

## Every Day Goal Stepping

Stepping out your  
actions and shaping  
your goals. Every step  
brings you closer to  
what you want.

## Better Today than Yesterday

Reflecting on what is  
new is now you. Notes  
on what has worked for  
you and what you can  
do better.

MONTH.....  
DAY AND DATE  
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<p><b>APPRECIATION</b></p> <p><i>Each day I declare my appreciation for 5 things in my life.</i></p>	<p><b>GOAL STEPS</b></p> <p><i>I have designed my goals and these are the steps I am taking today to make it happen.</i></p>
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**REFLECTIONS**

*What has worked well today and what do I want to do better?*

MONTH.....  
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WHAT  
I DO  
DAILY

## APPRECIATION

*Each day I declare my appreciation for 5 things in my life.*

## GOAL STEPS

*I have designed my goals and these are the steps I am taking today to make it happen.*

## REFLECTIONS

*What has worked well today and what do I want to do better?*

*Great things are not done by impulse, but by a series of small things brought together.  
Vincent Van Gogh*

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APPRECIATION

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GOAL STEPS

*I have designed my goals and these are the steps I am taking today to make it happen.*

REFLECTIONS

*What has worked well today and what do I want to do better?*

MONTH.....  
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WHAT I  
DO DAILY

## APPRECIATION

*Each day I declare my appreciation for 5 things in my life.*

## GOAL STEPS

*I have designed my goals and these are the steps I am taking today to make it happen.*

## REFLECTIONS

*What has worked well today and what do I want to do better?*

Your daily habits help  
YOU to stay on track.  
The ACTION you do each  
day will be a big  
bonus to you ACHIEVING  
your goals.

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## APPRECIATION

*Each day I declare my appreciation for 5 things in my life.*

## GOAL STEPS

*I have designed my goals and these are the steps I am taking today to make it happen.*

## REFLECTIONS

*What has worked well today and what do I want to do better?*

BELIEVE IT  
OWN IT  
LIVE IT

MONTH.....  
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## APPRECIATION

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## GOAL STEPS

*I have designed my goals and these are the steps I am taking today to make it happen.*

## REFLECTIONS

*What has worked well today and what do I want to do better?*

*The vision we create in our mind is the blueprint of our reality.*

MONTH.....  
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WHAT I  
DO DAILY

## APPRECIATION

*Each day I declare my appreciation for 5 things in my life.*

## GOAL STEPS

*I have designed my goals and these are the steps I am taking today to make it happen.*

## REFLECTIONS

*What has worked well today and what do I want to do better?*

Change is the most interesting thing about life.  
Every twist and turn causes you to look with fresh eyes and wonder.  
Take the first step.



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## GOAL STEPS

*I have designed my goals and these are the steps I am taking today to make it happen.*

## REFLECTIONS

*What has worked well today and what do I want to do better?*

WHEN SELF BELIEF IS BRIGHT. LIFE FOLLOWS.

MONTH.....  
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## GOAL STEPS

*I have designed my goals and these are the steps I am taking today to make it happen.*

## REFLECTIONS

*What has worked well today and what do I want to do better?*

“What you value dictates your destiny”.

Dr John De Martini

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REFLECTIONS

*What has worked well today and what do I want to do better?*

*Out with the old In with the true*

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GOAL STEPS

*I have designed my goals and these are the steps I am taking today to make it happen.*

REFLECTIONS

*What has worked well today and what do I want to do better?*

*Abundance is not something we acquire...it is some we tune into. Dr Wayne Dyer*

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## REFLECTIONS

*What has worked well today and what do I want to do better?*

THE MOST IMPORTANT SINGULAR ASPECT OF  
YOUR SUCCESS IS WHAT YOU BELIEVE ABOUT  
YOURSELF.

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GOAL STEPS

*I have designed my goals and these are the steps I am taking today to make it happen.*

REFLECTIONS

*What has worked well today and what do I want to do better?*

*What you think you create,  
what you feel, you attract  
What you imagine, you become.*

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GOAL STEPS

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REFLECTIONS

*What has worked well today and what do I want to do better?*

The only difference between stumbling blocks and stepping stones is the way in which we use them



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REFLECTIONS

*What has worked well today and what do I want to do better?*

Happiness is an inside job

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There is nothing more powerful than an idea whose time has come.  
Victor Hugo

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*What has worked well today and what do I want to do better?*

EVERYTHING I DO ADDS BEAUTY, ORDER AND LIGHT TO THE UNIVERSE.

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GOAL STEPS

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REFLECTIONS

*What has worked well today and what do I want to do better?*

LET GO OF SMALL THOUGHTS ABOUT  
YOURSELF.  
SEE YOURSELF SUCCEEDING.

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## REFLECTIONS

*What has worked well today and what do I want to do better?*

*When you start something all the universe conspires in helping you achieve it.  
Paul Coelho*

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GOAL STEPS

*I have designed my goals and these are the steps I am taking today to make it happen.*

REFLECTIONS

*What has worked well today and what do I want to do better?*

*Accept what is,  
Let of what was,  
Have faith in what will be.*

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*Extraordinary is the ordinariness of life. Look for what you would normally overlook.*



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What you get by achieving your goals is not as important as what you become by achieving your goals. Zig Ziglar

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GOAL STEPS

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REFLECTIONS

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Your value is not determined by the opinion of others.

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*I am open to receiving and experiencing an amazing and lasting change for the good of my life*

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## REFLECTIONS

*What has worked well today and what do I want to do better?*

*Whatever you focus on consistently,  
that is what you will get.*

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## REFLECTIONS

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*Celebrate what you want to see more of.  
Tom Peters*

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