



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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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?

MONTH.....
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WHAT
I DO
DAILY

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

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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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BELIEVE IT
OWN IT
LIVE IT

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

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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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WHEN SELF BELIEF IS BRIGHT. LIFE FOLLOWS.

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“What you value dictates your destiny”.

Dr John De Martini

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Out with the old In with the true

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

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

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

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

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

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

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

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

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

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