

~~YOUR JOURNAL~~ Journey

The EXACT elements used by *millions* of people *worldwide* transforming their lives from basic to **EXTRAORDINARY** !!

Date: ___/___	DAYTIME	RATE 1—10
Waking Thoughts:		<div style="border: 1px solid black; width: 50px; height: 20px; margin: auto;"></div>
<input type="checkbox"/> MORNING ROUTINE	Challenge:	
To Do 1:	<input type="checkbox"/>	Resources Involved / Required
-		
-		
To Do 2:	<input type="checkbox"/>	
-		
-		
To Do 3:	<input type="checkbox"/>	
-		
-		
Major Focus Morning:	Major Focus Midday:	Major Focus Evening:
Creative Space:		
Thoughts / Notes / Doodles		
<i>"I REFUZE to allow society to dictate my limitations." - Tony Kates</i>		

___:___ / ___:___	NIGHT TIME	RATE 1—10
Reflect:		<div style="border: 1px solid black; width: 50px; height: 20px; margin: auto;"></div>
<input type="checkbox"/> EVENING ROUTINE	<input type="checkbox"/> SCHEDULE TOMORROW	<input type="checkbox"/> 100 % COMPLETE
Corrections / Lesson Learned :		Obstacle / Solution
Ah Hah:		
Show Gratitude:		
What are you thankful for?		
<i>"Life is a gift, and it offers us the privilege, opportunity, and responsibility to give something back by becoming more." - Tony Robbins</i>		