

## USING THE DAILY JOURNEY JOURNAL DAYTIME DAILY LOG

This page and the next will represent a full day. From **Wake up** to **Lay down**. The *Journey Journal* begins with your **Waking Thought** and ends with your honors of **Gratitude**. Use it in its entirety to get the full effect but do not feel overwhelmed. It is a lot of information, and everything in the beginning is uncomfortable. That's where growth happens. Take only one piece at a time and build from there. The key is consistency and pattern recognition. Each step keeps you moving in a positive direction.

**A** Date: Month / Day

**B Waking Thought:** The instant you wake up, roll over and write down what is on your mind. This will be a combination of **Dream Recall** and whatever else is running thru your head.

**C 1-10:** Rate how you feel upon waking up.  
( 1 thru 10. 10 being the best !! )

**G To Do :** Fill these in the night prior before bed. Pre-plan the top 3 things you must accomplish during the following day. Break it down into steps or provide supporting information for assistance. Keep these To Do's consistent with your goals in order to ensure you're progressing toward your preferred outcomes.

**H Resources :** What do you have or need to help support you completing this To Do? When it has been completed, celebrate by checking off that check box!!

**Complete ALL THREE !!**

**K Major Focus:** Check in throughout the day and make note of what is commanding your thoughts. This is great to look back on and see patterns. If something is on your mind too much, it's time to consider addressing it.

**D Name It:** Label your waking feeling with ONE word, or intentionally write a positive word here to motivate you.

**E Morning Routine:** Check this box and celebrate once your Morning Routine is complete.

**F Challenge:** Give yourself a daily challenge

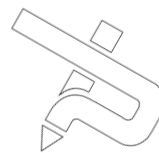
out of the options given in the back of the book or create your own. This will expand your comfort zone and increase your number of experiences.

**J Creative Space :** Tap into the your creative side. Use this space to write things you didn't have room for. More to do's, notes throughout the day, names & numbers, or just to have fun and doodle random creations.

**Have fun in this space.**

There are **NO RULES** and **NO HOLDS BARRED !!** Break out the crayons if you have to, but under no circumstance should you color within the lines!!!! Have fun and express yourself !!

<b>A</b> ___ / ___ - Week 1	<b>SUNDAY</b>	RATE 1—10
Waking Thoughts: <b>B</b>		<b>C</b> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px auto;"></div> <b>D</b>
<input type="checkbox"/> MORNING ROUTINE <b>E</b>	Challenge: <b>F</b>	
To Do 1: - <b>G</b> -	<input type="checkbox"/>	Resources Involved / Required <b>H</b>
To Do 2: - -	<input type="checkbox"/>	
To Do 3: - -	<input type="checkbox"/>	
Major Focus Morning: <b>K</b>	Major Focus Midday:	Major Focus Evening:
Creative Space: <b>J</b>		
Thoughts / Notes / Doodles		
<i>"I REFUZE to allow society to dictate my limitations." - Tony Kates</i>		



## USING THE DAILY JOURNEY JOURNAL NIGHTLY RECAP LOG

Time to wind it down... Let's lay back and take a look over the day and see how it shaped up. This page is all about how did you do and why. Constructively. This is not a blame page or meant to put you down but understanding our challenges and consciously learning how to overcome them for the next time is critical. So, have at it.

**More in = More out !!**

**A Time:** Wake up / Bed Time. Are you getting enough sleep?

**B Reflect:** This is the only "typical" part of this journal. Document anything you feel compelled to write in reflection of your day. Overall thoughts / feelings toward your day.

**C 1-10:** Rate the entire day. 10 being the best.

**D Name It:** Label your day with a word. Be as descriptive and honest as possible.

**E Evening Routine:** Check off when completed.

**F Schedule:** Before you close your eyes, make sure you have tomorrow's 3 To Do's all ready to go. This is **critical!!** When you get up it's great to be able to know and prepare for what is to come.

**G Corrections :** Where did you fall short today? Did you not finish a to do, did you miss your morning routine? Did you lose your temper? Take ownership and acknowledge where you could have done better.

**H Obstacle / Solution :** There's no point in beating yourself up without growing from it. Regarding each correction, what was the driving force in you falling short and what will you do in the future to ensure it will not happen again? box!!

**K Ah Hah:** Every day you learn something, right? But do you remember what you learned last Thursday? **Probably not.** Document what you learn each day or something significant that really stretched your mind today!

<b>A</b> : ____ / ____ : ____	<b>NIGHT</b>	RATE 1—10
Reflect: <b>B</b>		<b>C</b> <div style="border: 1px solid black; width: 40px; height: 20px; margin: 5px auto;"></div> <b>D</b>
<input type="checkbox"/> EVENING ROUTINE <b>E</b>	<input type="checkbox"/> SCHEDULE TOMORROW <b>F</b>	<input type="checkbox"/> 100 % COMPLETE <b>L</b>
Corrections: <b>G</b>	Obstacle / Solution <b>H</b>	
Ah Hah: <b>K</b>		
Show Gratitude: <b>J</b>		
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>		

**J Gratitude :** If you know anything about personal development, you know the benefits of recognizing daily gratitude. Use this space to acknowledge everything you are thankful for about this day.

**L 100% Complete :** This is what you strive for each day! When you have completed each element of your day, enjoy the greatest celebration of them all by checking this box. You DID IT!! Get 30 of these check marks in a row and imagine how much closer to achieving your dreams and living the life you have always wanted. It's as simple of creating the plan and day by day, doing the work to accomplish it. One check box at a time !!