

**Daily Success Journal**

Day/Date \_\_\_\_\_

Top Priorities/Action Steps/Things to do today:

- 1. \_\_\_\_\_ Completed? yes / no
- 2. \_\_\_\_\_ Completed? yes / no
- 3. \_\_\_\_\_ Completed? yes / no
- 4. \_\_\_\_\_ Completed? yes / no
- 5. \_\_\_\_\_ Completed? yes / no

Food Log: (Abs are made in the kitchen)

Letter Grade \_\_\_\_\_

Breakfast	_____	Eat Clean?
Lunch	_____	yes / no
Dinner	_____	
Snacks	_____	Cheat Day?
Misc.	_____	yes / no

Fitness/Exercise/Play: Work hard and play hard (or go home)

Workout	_____	Intensity	_____
Cardio/Other	_____	Intensity	_____
Sports/Play	_____	Intensity	_____

- Did I review my goals? yes / no
- Are my goals on track? yes / no
- Did I log and grade my food for the day? yes / no
- Did I plan my next day and list action steps? yes / no
- Did I create value for others? yes / no
- Did I share some love/affection? yes / no
- Did I read/watch something educational? yes / no
- Did I read/watch something inspirational? yes / no
- Did I take a few minutes to relax/unplug? yes / no
- Did I make time to play/have fun? yes / no
- Did I spend/manage my time well today? yes / no

Gratitude Journal: In addition to being grateful for having my family and friends, vigorous good health, a great place to live, wealth in abundance, personal freedom, the ability to help others, create value and earn a good living, I am thankful today for:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Comments & Observations: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Today's Success Score (1 - 100): \_\_\_\_\_

Happy with that? yes / no