
The
FIVE-MINUTE
JOURNAL

The simplest, most effective thing you
can do everyday to be happier.

The
FIVE-MINUTE
JOURNAL

The simplest, most effective thing you
can do everyday to be happier.

CREATED BY
ALEX IKONN AND UJ RAMDAS

Acknowledgements

First I would like to thank my mom Lidia, who has always believed in me and never put pressure on me to succeed. All that I have achieved, I owe to you.

I would like to thank my loving and supporting wife, Mimi, who is always by my side. Thank you for dreaming and believing with me.

I must also thank my dear friend and co-creator of this journal, UJ, who has always inspired me and has been an amazing friend at a pivotal time in my life.

And I must not forget to thank my virtual mentors, Richard Branson, Tim Ferriss, Robert Greene, Seth Godin, and Tony Robbins. Thank you for taking risks and sharing your stories with me through your books. You made me believe that a better life is possible.

Alex Ikonn

To my parents (Ramdas and Gayathri) – you're absolutely amazing. I love you both and owe you everything. Thanks for helping me win the ovarian lottery.

I'd also like to thank my good friend Alex Ikonn (and the co-creator of this Journal) for sharing a vision with me – of a better world where we exist in seamless web of deserved trust where changing the world is an everyday affair.

I'd also like to thank Mimi Ikonn (Alex's wife) for her insight, her input and her perspective on topics ranging from marketing to bedroom décor. You're amazing.

Next, I'd like to include a few important others – Moshe Lokshin, Xenia Splawinski, Andrea Olivera, Eliana Stein, Raj Balkaran and Luke Chao.

Finally, I'd like to thank some incredible teachers – Greg Malsecki, Srimati Rajalakshmi, Jan Sapp, Tim Ferriss, Krishna Lal Mantriji, Paul Ekman and Mark Cummings.

UJ Ramdas

In addition, we would like to thank Dave Chang, Jayson Gaignard, and Ameer Rosic, all of you've contributed to the creation of this journal.

Last but not least, we would like to thank you, YES YOU, the one holding this journal and reading this line, for taking the step to creating a better life.

Dedication

To lifelong learners and doers.
You're changing the world everyday.

Are you constantly thinking of new ways to improve yourself?

yes **no**

Are you one of those people who won't settle for an average life?

yes **no**

Are you ready to spend five minutes a day to help you gain clarity at exactly the right times?

yes **no**

***If you've answered
"yes" to any of these
questions, welcome
to our tribe.***

You're holding a journal that will
transform your life.

Five reasons why you'll love the Five Minute Journal

1 It's the simplest, most effective thing you can do every day to be happier. It's been proven over and over again that shifting your focus to the positive can dramatically improve your happiness. The key is consistency. With a positive quote every day, a weekly challenge and a structure to help you focus on what's good, you'll find *The Five Minute Journal* to be a great way to start and end the day.

2 It's built on proven principles on positive psychology. Somehow, it took psychologists as a community about 80 years or so to realize it's better to focus on the positive behavioural traits as opposed to depression, anxiety and perceptual disorders. This journal has been created by combining the practical elements that can make the difference in your life. You've been spared the hours and weeks of moving through dense academic jargon. It's all here. And it's been made easy.

3 It's a journal for people who don't write journals.

If you're the kind of person who always wanted to write a journal, but life, excuses and email took precedence, look no further. *The Five Minute Journal* was designed for you. Whatever your excuse for not keeping a journal is, this notebook will eliminate them.

4 You'll have a snapshot of your days, weeks, months and years.

When was the last time you saw pictures from a few years ago? Did you pause to feel the nostalgia and smile silently to yourself? Imagine if you could have the same experience by just flipping to a certain day on a specific year in your life, you could zoom in on who you were, what you did and how you felt on that day. It'll be your own chronicle of memories, ideas and dreams.

5 Have a problem sticking to a commitment? Good.

You'll love *The Five Minute Journal* (see page 42). Inside you'll find tips and tricks to fool proof your commitment to write frequently. How often do we shirk away from a commitment that's good for us? Overweight doctors, procrastinating professors and unfaithful presidents prove this point. You'll discover simple, effective actions you can take to stay the course of writing this journal and in other areas of your life that are important to you.

It's all possible. In under five minutes a day.

Contents

- 16 HOW IT WORKS
- 18 BASIC PRINCIPLES
The Beginning and the End
- 25 THE MORNING ROUTINE
Today's Gratitude List
Creating a Better Day
The Daily Affirmation
- 34 THE NIGHT ROUTINE
The Awesome Three
The Time Machine
- 40 THE WEEKLY CHALLENGES
- 42 MY COMMITMENT
- 44 THE STICKY SOLUTION
T&A: Truth and Actions
Accountability
- 52 THE JOURNAL
- 264 *Milestones and Coffee Breaks*
- 266 *References*

***Those who
don't believe
in magic will
never find it.***

- ROALD DAHL

How it Works

*“We are what we repeatedly do.
Excellence, then, is not an act, but a habit.”*

—ARISTOTLE

***Basic
Principles***

THE BEGINNING AND THE END

“Early to bed, early to rise, makes a man healthy, wealthy and wise.”

–BENJAMIN FRANKLIN

Wisdom from ancient and modern times point to the beginning and the end of the day as a time to think, evaluate, and correct course. Regardless of when your day begins or ends, few people have established positive rituals that allow them to thrive. Contrary to popular opinion, such established positive rituals aren't restricted to the domain of ultra successful CEOs or Buddhist monks.

We recommend you keep this notebook with a pen attached right at your bedside, in an inviting place. Let this be the first impulse when you wake up and the final impulse before you sleep. Let *The Five Minute Journal* hold that coveted spot on your bedside dresser just the perfect arm's reach for you. You will be richly rewarded.

In about five minutes per day, you can establish a positive pattern of thinking and acting when it really matters. It's the ideal time window that allows for minimal effort for wild reward otherwise known as think hard, work smart. Onward.

Why should I write right upon waking up?

Have you ever had a day when you woke up and it felt like everything was going your way? Things just felt easy, even effortless and all you wanted to do is smile?

Is there a way that you can get a taste of that everyday?

The Five Minute Journal is designed to help you do just that. You're fresh, still waking up and have the precious opportunity in the first few minutes to set the tone for the rest of the day. The journal asks you the precise questions that will create positive habit loops.

Make sure to write the journal first thing in the morning, even if you are:

Still sleepy? Thanks for sharing. Write it anyway.

Feeling lazy? Thanks for sharing. Write it anyway.

Late for work? Thanks for sharing. Write it anyway.

Growth isn't all roses and honey. It isn't always comfortable. And it doesn't come with a cute bow tied over it.

The reward of growth is priceless. Growth can lead to fulfilling relationships, great health and a good night's sleep.

Resistance is the opposite of growth. It is the cause of depression, weakness, and credit card debt.

Yet there are others who continue to deepen their love and hardly fight.

There is a little known secret that is shared by couples in fulfilling relationships. It made them happier and creates lasting bonds.

Here's the secret: They resolve any conflict before they go to sleep. With love, honesty and trust.

In the same way, it's important that you write the journal before you go to sleep. You'll find that *The Five Minute Journal* instantly helps you shift your focus on the positive and short circuits negative thought loops. No matter how your day was, you'll sleep a bit better than you would have otherwise. Priceless.

Make sure to write the journal before going to sleep, even if you:

Had a long day? Thanks for sharing. Write it anyway.

Have a pounding headache? Thanks for sharing. Write it anyway.

Early morning tomorrow? Thanks for sharing. Write it anyway.

***Never go to sleep
without a request to
your subconscious.***

THOMAS EDISON

The Morning Routine

TODAY'S GRATITUDE LIST

What are three things that you can be grateful for today?

One of the greatest gifts of being human is the ability to choose what to focus on. Regardless of what happens on the outside, if you're perfectly calm and still on the inside, you can handle anything. Few of us have the emotional and mental balance of a monk. Zen-like skills notwithstanding, the best way you can begin your day is by counting your blessings.

It's the antithesis of a bad-hair day, waking up on the wrong side of the bed. We suggest the best side of the bed is the one closest to this notebook.

No matter where you are and what your situation is, your focus can be shifted to something positive. Here's how it looks in practice.

I am grateful for...

1. *I'm grateful for the warm bed that I sleep in.*
2. *I'm grateful for my body that is working in perfect harmony.*
3. *I'm grateful for the incredible friends in my life.*

* Here is a little secret to the gratitude list: Try writing things you are grateful for that you may not yet have in your life. Let's say you really want to be in a healthy relationship. Then write ... *I am grateful to be in an incredible healthy relationship with a partner of my dreams. Just don't forget to clearly define this man/woman which is a whole different exercise.*

What is gratitude?

This nifty emotion defies easy classification. Gratitude, derived from the Latin word *gratia* (meaning grace, graciousness or gratefulness) eludes easy explanation by academics. Definitions such as “the willingness to recognize the unearned increments of value in one’s experience” look great on term papers but don’t get the point across. We will not attempt to disguise imprecision with ten dollar words.

Gratitude is the experience of counting one’s blessings.

It is the feeling that embodies the word “Thank you.” It is the unexpected reward of a kind deed that is magically produced by your brain. It’s the cute, tingly feeling in your body that makes you smile at strangers.

Why scientists love gratitude?

Even after cutting through the smoke of Law of Attraction-style belief systems, gratitude has shown to be quite transformative in humans ranging from housewives to nursing students.

A 2003 study by Emmons and McCullough found that keeping a daily gratitude journal leads to not just an increased sense of well-being but also better sleep, willingness to accept change and also help and lower symptoms of physical pain.⁴

Delving deeper into the world of brain science, there's another study that illustrates the immediate effectiveness of gratitude. Turns out, gratitude could be the ultimate magic pill for 'happiness' (drugs notwithstanding).

In a 2008 study, subjects experiencing gratitude were studied under fMRI (functional Magnetic Resonance Imaging) and it was found that they were influencing their hypothalamus in real-time.⁵

The hypo-what?

The hypothalamus is the teeny part of your brain that directly influences sleep, eating and stress among an array of other important functions. Gratitude also stimulates the part of the brain associated with the neurotransmitter dopamine – the 'do it again' chemical – which is responsible for the creation of new learning pathways.

Bottom line: **Write the journal.** Every morning and every night – it's the closest thing to a magic pill.

Turns out scientists, jihadis and atheists actually agree on this.

CREATING A BETTER DAY

What would make today great?

Have you had the experience of buying a new car and seeing the same model everywhere you go?

If you're a woman, have you noticed when you wear a certain shade of lipstick, you're automatically cued to the shade of lipstick that other women are wearing? Have you had the experience of falling in love and seeing everything through rose coloured glasses? Or automatically noticing how someone has the same shoes/haircut/shirt/shoes?

These experiences are universal. Why do they happen?

There's a small part of your brain at the back called the reticular activation system (RAS) that turns on and off your perception of ideas and thoughts and determines the lenses through which you look at the world. When you take an action like buy a new car, you've taken a major step in redefining your possessions and your RAS changes to accommodate your new acquisition. And everywhere you go, your RAS will gently remind you of this change by pointing you others who have the same car as you.

When you write 'What would make today great?' you're taking a step to influence your RAS to point out and engage in activities that would make your day better. You're building new pathways in your brain that allows you to 'see' what you can do to

DAILY AFFIRMATION

The Daily Affirmation is a statement of what you want in your life.

If you've read this far, chances are you're interested in creating something amazing in your life and you're going to get it. You've got ideas about the person you want to be and of the future you want to build.

Cut to a study conducted by Ali Crum from Yale University and Ellen Langer where they performed an experiment to study the effect of brain priming on the staff of seven different hotels. Of the total participants, half were informed about how much exercise they were getting everyday through their work, how many calories they burned, how similar vacuuming is to a workout, etc. The other half were given no such information.

Several weeks later, it was found that the first group who had been primed to think of their work as exercise had actually lost weight and even their cholesterol levels dropped. Incredibly, these individuals had not done any more work nor had they exercised any more than the control group.⁶

Hence the operative question – how can you prime your brain to cash in on this?

The Daily Affirmation is a simple statement that defines you as you want to be in present tense. Every time you write your affirmation, you prime your brain to start building this belief in your mind. With consistency, you'll start to notice evidence in

of your belief and begin to create evidence of that belief in your mind.

Here's how it works in practice: Let's say Bruce is interested in building his confidence in everyday life. He wakes up in the morning and writes in his journal –

I am confident and comfortable in my own skin.

As he goes on his day, he naturally starts to notice the world from this perspective. Let's say he buys some tea and smiles at the cashier. His subconscious begins to think "Ah, this must be happening because I'm confident and comfortable in my own skin." Everyday he writes in the Journal, he begins to prime his brain to this belief.

Don't underestimate the effectiveness of this exercise. If Will Smith, Jim Carrey and Arnold Schwarzenegger found value in it, you can too.

Here are some examples of how this looks in the journal:

Here are some examples:

I live with passion and purpose.

You could also get nice and specific:

I am in a loving and passionate relationship.

I earn \$100,000/year.

The Night Routine

THE AWESOME THREE

What are three awesome things that happened during your day?

Possibly the best moment in the day is allowing yourself to take inventory of all the positive moments – big and small. The Awesome Three is your personal collection of the expected and unexpected bounty of awesomeness that you experienced in a day.

To illustrate the effectiveness of this one section, we turn to Quora – a social networking platform that allows intelligent people around the world to share insights, answers and knowledge. One such question relating to happiness gleaned a powerful response from a social marketer Brad Einarsen which was supported by leading psychologists such as BJ Fogg.

He shares his strategy:

When I was in a dark period, I instituted a simple rule that changed my life.

Rule: When I arrive home from work, the very first thing I tell my wife is the best thing that happened that day.

No exceptions. No complaining. Just the best thing that day, even if it was just a good cup of coffee. This had the effect of starting our evening off on a positive note and it changed our relationship.

And it can change your relationships too. When you write the Awesome Three, you count your blessing in the day – in reverse. This has the effect of allowing you to ‘prime’ your brain in reverse and can change not just your relationships with you loved ones, it can change your relationship with yourself.

For the first few weeks of listing your Awesome Three, start with something simple:

I remembered to floss.

A friend recommended a wonderful book for me.

Today's weather was really good.

I saw a cute stranger at the coffee shop.

The barista remembered how I like my Americano.

Slowly, you'll start getting better at this. Through the magic of discipline, the list will start getting better and better. Remember to review The Awesome Three every month to see how you're changing and moving forward.

THE TIME MACHINE

If you could magically go back in time and change something you did today, what would it be?

From movies ranging from Back to the Future to Eternal Sunshine of the Spotless Mind, the yearning to go back in time and change something is universal.

Let's milk this concept. Think of this as an imagination exercise where you get the chance to go back in time and change one thing you did during the day.

It could be saying (or not saying) something to someone.

It could be waking up earlier.

It could be trusting your gut with a decision.

The time machine is your personal reminder that you have the power to change your perception of the past and influence the future. In a very real way, you shape your future just the same way pro-level athletes and NASA astronauts do. The technology is available to you. It's the magic between your ears.

How it works: Your perception shapes your reality. And we've already established that priming your brain to automatically scan for the positive in the beginning of the day is an incredibly effective way to start the day. However, during the day, chances are your automatic responses most likely kick in.

Weekly Challenges

The weekly challenges will encourage you to take actions beyond your comfort zone, where real growth happens. They're given on a random day per week instead of the daily quote.

“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”

–MARTIN LUTHER KING, JR.

A few thousand years ago, our ancestors dealt with challenges dangerous and diverse: staying warm enough in sub-zero temperatures to fighting other tribes and animals for basic survival. This was the paleolithic man, designed by nature to be incredibly adaptable; he thrived through thick and thin, wars, famine, and ice ages.

Fast forward a few thousand years and the defining challenge of twenty-somethings in our era seems to be getting to Level 3 of Angry Birds. Progress indeed.

The weekly challenges provided in this book will help you to discover your fears and treat them as allies in your development in life. Treat each challenge as a mission and experiment in life. You might just enjoy yourself in the process.

My Commitment

I, Sabrina Smith, commit to writing *The Five Minute Journal* for at least 5 days in a row, starting May 1.

Writing this journal is really important to me because,

- I am committing to my best life
- I want to create more abundance in my life
- I need more discipline in my life

If I finish 5 days of writing this journal, I will reward myself with A ski trip with my significant other.

If I don't finish 5 days of writing this journal, I will promise to Donate \$100 to a charity I don't support.

I will do the following things to ensure that I will do *The Five Minute Journal* every day:

- Keep my Five Minute Journal right by the bedside
- Brush my teeth only after I've done the journal
- Set my alarm only after I do my night journal
- Share my commitment with someone I love
- Treat myself to a warm, delicious cacao drink after my morning journal

FILL IN THE BLANKS

I, _____, commit to writing *The Five Minute Journal* for at least 5 days in a row, starting _____.

Writing this journal is really important to me because,

- _____
- _____
- _____

If I finish 5 days of writing this journal, I will reward myself with

If I don't finish 5 days of writing this journal, I will promise to

I will do the following things to ensure that I will do *The Five Minute Journal* every day:

- _____
- _____
- _____
- _____
- _____
- _____

The Sticky Solution

“Improvement isn’t inevitable. Change is.”

–UNKNOWN

Congratulations! You’ve just committed to 5 consecutive days of sticking with this journal. It is a commonly held notion that if you push through resistance and take specific action for a certain amount of days in a row, it becomes an established habit. To give you a head start and ensure that you’re sticking with it, here’s a healthy push to help you make sure this habit sticks:

The Bad News: Research in 2010 has shown that 88% of people who make New Year’s Resolutions fail.⁷

The Good News: You’re better than that. You’ve already taken many steps to ensure you’re on the right track.

The Better News: You’ll be getting tips and tricks to bulletproof your commitment in the next pages.

Truth & Actions

How do you know you're better today compared to three years ago?

You don't, unless you're keeping track. It's all too common to assume, we're clearer, more mature, smarter and wiser in our forties than our teens but age isn't correlated with wisdom. An ignorant twenty-something is likely to end up a spectacularly ignorant eighty-something. Conversely, an intelligent teenager intent on seeking wisdom might reliably end up as a wise, oracular sixty-something. The difference? Read on.

Scary Truth #1

Minuscule activities in your life lead to massive improvements (and setbacks).

That job fair gets you your dream job. A new friend devoted to fitness inspires you to train regularly, getting you in the best shape of your life. Starting your morning off on the right foot leads to the most productive days you've ever had. That's the objective of the journal you're holding.

Alas, all changes aren't positive. That traffic jam to the interview crushes your dream job opportunity. An irate family member keeps you up at night, replaying nightmarish scenarios of what you should have said or done.

Fortunately, the universe isn't all chaos. Through it all, there are always patterns, guiding lines and natural rhythms that yearn to be discovered by the penetrating mind. This is liberating.

Scary Truth #2

If you're not moving forward, you're most likely moving backwards. There is no standing still in life.

Unless you methodically track and do a complete analysis of your day, figure out the activities that are effective as well as the ones that aren't - your daily activities aren't much different from a cow's unconscious grazing on the field. There is no clear purpose, no guiding light that strings your actions together - they are steeped in unconsciousness.

Liberating Truth #3

The right action is the universal problem solver. Sit down with a cup of your favourite beverage. Proceed to reflect on the following questions:

What's your biggest challenge?

This can be anything from creating a better relationship to feeling comfortable in your own skin to making more money. Chances are there's something that's on your mind most of the time. Put it on paper.

What is one identity statement that would change everything for you?

Create an identity statement that remedies the above challenge. Every challenge has a remedy. Use this statement in your journal. Stick with this statement till it becomes true in your life. Read the preceding statement again. Engrave it in your mind before moving ahead. Examples:

I am giving and receiving profound love.

I feel fit and slim.

I feel engaged and excited during my day.

I'm living the lifestyle of my dreams.

Your identity statement:

What are three major obstacles that would stop you from writing the journal (morning/night)?

Write two actions you can take per obstacle to make sure you don't succumb to laziness.

The Journal



Anyone who has a why to live can bear almost any what.

-NIETZSCHE

I am grateful for...

1. I'm grateful for the warm bed that I sleep in.
2. I'm grateful for my body that is working in perfect harmony.
3. I'm grateful for the incredible friends in my life.

What would make today great?

1. Take extra time for myself before leaving work
2. Give a thank you note to mom
3. Sleep before 10 pm

Daily affirmations. I am...

I am confident and comfortable in my own skin and I live with passion and purpose.

3 Amazing things that happened today...

1. I remembered to floss.
2. A friend recommended a wonderful book for me.
3. I saw a cute stranger at the cafe.

How could I have made today better?

I wake up right when the alarm goes off.
I go to the gym in the morning.





DATE ____ / ____ / 20____

The proper response to life is applause.

-WILLIAM CARLOS WILLIAMS

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



The man who does not read good books has no advantage over the man who cannot read them.

-MARK TWAIN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

WEEKLY CHALLENGE

Call an old friend.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Anger: an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.

-SENECA

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

The last of the human freedoms is to choose one's attitude in any given set of circumstances.

-VICTOR E. FRANKL

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*A man who suffers before it is necessary,
suffers more than is necessary.*

-LUCIUS ANNAEUS SENECA

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

It is the mark of an educated mind to be able to entertain a thought without accepting it.

-ARISTOTLE

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Efficiency is doing things right;
effectiveness is doing the right things.*

-TIM FERRISS

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

WEEKLY CHALLENGE

Sing in the shower today.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*A goal is not always meant to be reached,
it often serves simply as something to aim at.*

-BRUCE LEE

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*A superior man is modest in his speech,
but exceeds in his actions.*

-CONFUCIUS

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Most men die at 25, we just don't bury them until they are 70.

-BENJAMIN FRANKLIN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*We don't build services in order to make money,
we make money in order to build better services.*

-MARK ZUCKERBERG

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Friendship multiplies the good of life and divides the evil.

-BALTASAR GRACIAN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

WEEKLY CHALLENGE

Start a conversation with a stranger.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*The bad news is that time flies.
The good news is you're the pilot.*

-MICHAEL ALTSHULER

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.

-ALBERT EINSTEIN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Ignorance is bliss... 'til you get screwed.

-UJ RAMDAS

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

It's never too late to redefine self-control, to change long ingrained habits, and to do the work you're capable of.

-SETH GODIN

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*The optimist sees opportunity in every danger;
the pessimist sees danger in every opportunity*

—WINSTON CHURCHILL

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

WEEKLY CHALLENGE

Write yourself a love letter and say everything you love about yourself.

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



The eye sees only what the mind is prepared to comprehend.

-HENRI BERGSON

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Failure isn't Fatal...but Failure to Change could be!

–JOHN WOODEN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



No man is really changed by success. Success works like a truth drug... revealing what has always been inside his head.

-ALBERT GOLDMAN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*In matters of style, swim with the current;
in matters of principle, stand like a rock.*

-THOMAS JEFFERSON

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Just because you're winning a game
doesn't mean it's a good game.*

-SETH GODIN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

WEEKLY CHALLENGE

Say 'I love you' to someone dear to your heart.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Money alone isn't enough to bring happiness . . . happiness [is] when you're actually truly ok with losing everything you have.

-TONY HSIEH

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Hard work beats talent when talent doesn't work hard.

-KEVIN DURANT

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Nowadays people know the price of everything
and the value of nothing.*

–OSCAR WILDE

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

No man has a good enough memory to be a successful liar.

–ABRAHAM LINCOLN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Nothing is really work unless
you would rather do something else.*

-SIR. JAMES BARRIE

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

WEEKLY CHALLENGE

*Go through pictures from at least 5 years ago.
Yes, you really did look like that.*

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Change your thoughts and you change your world.

-NORMAN VINCENT PEALE

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

The two prime movers in the universe are time and luck.

-KURT VONNEGUT

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change.

—CHARLES DARWIN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*Reality is that which, when you stop believing in it,
doesn't go away.*

-PHILIP K. DICK

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



WEEKLY CHALLENGE

Leave your cell phone at home today.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Our lives begin to end the day we become silent about things that matter.

-MARTIN LUTHER KING JR.

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



To affect the quality of the day, that is the highest of arts.

-HENRY DAVID THOREAU

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Things are only impossible until they're not.

-PATRICK STEWART AS JEAN-LUC PICARD

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*I find out what the world needs.
Then I go ahead and try to invent it.*

-THOMAS EDISON

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

WEEKLY CHALLENGE

Smile at yourself in the mirror for at least 10 seconds.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Fundamental progress has to do with
the reinterpretation of basic ideas.*

-ALFRED NORTH WHITEHEAD

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

The world's biggest problem is that not enough people are working on the world's biggest problems.

-MAX MARMER

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?



The significant problems we face cannot be solved at the same level of thinking we were at when we created them.

-ALBERT EINSTEIN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*Things which matter most must never be
at the mercy of things which matter least.*

–JOHANN WOLFGANG VON GOETHE

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



The best way to predict the future is to invent it.

-ALAN KAY

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Being right too soon is socially unacceptable.

-ROBERT HEINLEIN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



WEEKLY CHALLENGE

Go to a coffee/teashop and pay for someone's drink.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*The scientist is not a person who gives the right answers,
he's one who asks the right questions.*

-CLAUDE LÉVI-STRAUSS

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*If people never did silly things,
nothing intelligent would ever get done.*

-LUDWIG WITGENSTEIN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

What we have done for ourselves dies with us; what we have done for others and the world remains and is immortal.

-ALBERT PIKE

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



All big things in this world are done by people who are naive and have an idea that is obviously impossible.

—CHARLES HAMILTON

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*Society is always taken by surprise
at any new example of common sense.*

-RALPH WALDO EMERSON

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Invincibility lies in the defence;
the possibility of victory in the attack.*

-SUN TZU

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

WEEKLY CHALLENGE

Call or see a family member you have been meaning to see.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Loyalty to petrified opinion never yet
broke a chain or freed a human soul.*

-MARK TWAIN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*There ain't no rules around here.
We're trying to accomplish something.*

-THOMAS EDISON

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Just do it.

-NIKE BRAND SLOGAN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Thinking about the future can be so pleasurable that sometimes we'd rather think about it than get there.

-DANIEL GILBERTT

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Let the first impulse pass, wait for the second.

-BALTASAR GRACIAN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

WEEKLY CHALLENGE

Go for a walk to a park alone.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*It is better to sleep on things beforehand
than lie awake about them afterwards.*

–BALTASAR GRACIAN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

The scariest moment is always just before you start.

–STEPHEN KING

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



It is not the mountain we conquer, but ourselves.

–SIR EDMUND HILLARY

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

No one ever achieved greatness by playing it safe.

–HARRY GRAY

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



It's kind of fun to do the impossible.

-WALT DISNEY

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

WEEKLY CHALLENGE

Smile at 5 strangers.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



You reap what you sow.

-CICERO

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

You don't get extreme results without extreme actions.

-DEREK SIVERS

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*I am an old man and have known a great many troubles,
but most of them never happened.*

-MARK TWAIN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Mistakes are part of the dues one pays for a full life.

–SOPHIA LOREN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



WEEKLY CHALLENGE

Think back in your life to your favorite teacher or professor. Write a letter thanking them for the impact they've had on your life.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

We're now in a marketplace where every whisper about your business gets heard.

-GARY VAYNERCHUK

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*If people feel like they need to paint by numbers,
they'll work at one-third of their productivity level.*

–PREMAL SHAH

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*Brick walls are there for a reason.
They give us a chance to show how badly we want something.*
-RANDY PAUSCH

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Money is plentiful for those who understand the simple laws
which govern its acquisition.*

-GEORGE CLAYSON

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Money is better than poverty, if only for financial reasons.

-WOODY ALLEN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



WEEKLY CHALLENGE

*Is there a really good movie you watched a few years ago?
Watch it again.*

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Make money your god and it will plague you like the devil.

-HENRY FIELDING

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



There is no more fatal blunderer than he who consumes the greater part of his life getting his living.

-HENRY DAVID THOREAU

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*Genius, that power which dazzles mortal eyes,
is oft but perseverance in disguise.*

-ORISON SWETT MARDEN

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*There is nothing so useless as doing efficiently
that which should not be done at all.*

-PETER DRUCKER

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*Improve by 1% a day, and in just 70 days,
you're twice as good.*

-ALAN WEISS

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*To see and listen to the wicked
is already the beginning of wickedness.*

-CONFUCIUS

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

WEEKLY CHALLENGE

Brush your teeth with your left (non dominant hand).

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Work expands so as to fill the time available for its completion.

–CYRIL NORTHCOTE PARKINSON

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Death is my exit strategy.

I'll be doing significant customer service only as long as I live.

—CRAIG NEWMARK

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



The standard pace is for chumps. There's no speed limit.

—KIMO WILLIAMS

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

The reward of a thing well done is having done it.

-RALPH WALDO EMERSON

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



True knowledge lies in knowing how to live.

-BALTASAR GRACIAN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*Let me tell you the secret that has led me to my goal.
My strength lies solely in my tenacity.*

-LOUIS PASTEUR

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



WEEKLY CHALLENGE

Take a different route to your school/work, etc.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*If people knew how hard I worked to gain my mastery,
it wouldn't seem so wonderful.*

-MICHELANGELO

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*The man who moves a mountain
begins by carrying away small stones.*

-CONFUCIUS

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Wherever you go, go with all your heart.

-CONFUCIUS

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*When you are not practicing, someone else is.
When you meet him, he will win.*

-MARTIAL ARTS PROVERB

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

It is by will alone I set my mind in motion.

–FRANK HERBERT

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Vision without execution is hallucination.

–THOMAS EDISON

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

WEEKLY CHALLENGE

Listen to your favorite song/artist from 5 years ago.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Whoever best describes the problem
is the one most likely to solve it.*

-DAN ROAM

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Luck can be assisted. It is not all chance with the wise.

-BALTASAR GRACIAN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Whenever you find yourself on the side of the majority,
it is time to pause and reflect.*

-MARK TWAIN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

You can't be normal and expect abnormal returns.

-JEFFREY PFEFFER

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



WEEKLY CHALLENGE

If you're single, write down the ideal partner for you - describe them in detail. If you're already in a relationship, write down how your relationship could reach the next level.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*Be a first-rate version of yourself,
not a second-rate version of someone else.*

–JUDY GARLAND

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Rule your mind or it will rule you.

-HORACE

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

If you don't want to slip, don't go where it's slippery.

-ALCOHOLICS ANONYMOUS MAXIM

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Not all those who wander are lost.

–J.R.R. TOLKIEN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Nothing is at last sacred but the integrity of your own mind.

-RALPH WALDO EMERSON

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Cry in the dojo, laugh on the battlefield.

–SAMURAI MAXIM

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

WEEKLY CHALLENGE

Use your phone only for calls and texts today.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



You wasted \$100,000 on an education you could have got for a buck fifty in late charges at the public library.

-MATT DAMON AS WILL HUNTING

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*Self-education is, I firmly believe,
the only kind of education there is.*

-ISAAC ASIMOV

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Being a student is easy. Learning requires actual work.

-WILLIAM CRAWFORD

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*Study without desire spoils the memory,
and it retains nothing that it takes in.*

–LEONARDO DA VINCI

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Every child is an artist.
The problem is how to remain an artist once we grow up.*
-PABLO PICASSO

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*If you think education is expensive,
try estimating the cost of ignorance.*

-HOWARD GARDNER

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



WEEKLY CHALLENGE

Spend at least 5 minutes in nature, even if it is a nearby park.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*Some people get an education without going to college;
the rest get it after they get out.*

-MARK TWAIN

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



He who knows best knows how little he knows.

-THOMAS JEFFERSON

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*Good judgement comes from experience.
Experience comes from bad judgement.*

-PROVERB

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Smooth seas do not make skillful sailors.

–AFRICAN PROVERB

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

People travel to faraway places to watch, in fascination, the kind of people they ignore at home.

-DAGOBERT D. RUNES

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



WEEKLY CHALLENGE

What are your top 3 vacation destinations? Start to actively find out more about these destinations, the ticket prices, the local language spoken even the customs and culture.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

How we live our days is how we live our lives.

–ANNIE DILLARD

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*You are the average of the five people
you spend the most time with.*

–JIM ROHN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*True friendship is like sound health;
the value of it is seldom known until it is lost.*

-CHARLES CALEB COLTON

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Everything that irritates us about others
can lead us to an understanding of ourselves.*

—CARL JUNG

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

The closest to perfection a person ever comes is when he fills out a job application form.

-STANLEY RANDALL

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*The highest form a civilization can reach
is a seamless web of deserved trust.*

–CHARLES T. MUNGER

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

WEEKLY CHALLENGE

Be vegetarian for the day.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?



It takes twenty years to build a reputation and five minutes to ruin it. If you think about that, you'll do things differently.

-WARREN BUFFETT

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

The limits of my language are the limits of my world.

-LUDWIG WITTGENSTEIN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*To be able to ask a question clearly
is two-thirds of the way to getting it answered.*

-JOHN RUSKIN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

A loving heart is the truest wisdom.

-CHARLES DICKENS

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



At the touch of love everyone becomes a poet.

-PLATO

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

What gets measured gets managed.

-PETER DRUCKER

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



WEEKLY CHALLENGE

Promise yourself to not hit snooze tomorrow.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Most people live a life of quiet desperation.

-HENRY DAVID THOREAU

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Being deeply loved by someone gives you strength,
while loving someone deeply gives you courage.*

-LAO TZU

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Do all things with love.

-OG MANDINO

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Do you have to have a reason for loving?

-BRIGITTE BARDOT

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Faith makes all things possible... love makes all things easy.

-DWIGHT L. MOODY

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



WEEKLY CHALLENGE

Go for a 30 minute walk with a friend/family member today.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Gravitation is not responsible for people falling in love.

–ALBERT EINSTEIN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Love is metaphysical gravity.

-R. BUCKMINSTER FULLER

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*Love's greatest gift is its ability
to make everything it touches sacred.*

-BARBARA DE ANGELIS

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Sometimes the heart sees what is invisible to the eye.

–H. JACKSON BROWN, JR.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Action is the foundational key to all success.

-PABLO PICASSO

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*A successful man is one who can lay a firm foundation
with the bricks others have thrown at him.*

-DAVID BRINKLEY

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

WEEKLY CHALLENGE

Take 10 minutes today to visualize your perfect day.

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*I don't know the key to success,
but the key to failure is trying to please everybody.*

-BILL COSBY

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*I've failed over and over and over again in my life
and that is why I succeed.*

-MICHAEL JORDAN

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Pray that success will not come any faster than
you are able to endure it.*

-ELBERT HUBBARD

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Success consists of going from failure to failure without loss of enthusiasm.

-WINSTON CHURCHILL 20

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Success is a science; if you have the conditions,
you get the result.*

–OSCAR WILDE

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

WEEKLY CHALLENGE

Get someone you love a small gift – just because.

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*The ladder of success is best climbed by
stepping on the rungs of opportunity.*

-AYN RAND

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

The most important single ingredient in the formula of success is knowing how to get along with people.

-THEODORE ROOSEVELT

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Do not weep; do not wax indignant. Understand.

-BARUCH SPINOZA

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Expect problems and eat them for breakfast.

-ALFRED A. MONTAPERT

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



The wise does at once what the fool does at last.

-BALTASAR GRACIAN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

I hear, I know. I see, I remember. I do, I understand.

-CONFUCIUS

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Opportunities multiply as they are seized.

-SUN TZU

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

WEEKLY CHALLENGE

*Watch Steve Job's Stanford Commencement Speech.
YouTube it.*

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Faith consists in believing when it is beyond the power of reason to believe.

-VOLTAIRE

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*Bad habits are like a comfortable bed,
easy to get into, but hard to get out of.*

-SINGHALESE PROVERB

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



The enemy is a very good teacher.

-DALAI LAMA

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Most of us have two lives. The life we live, and the unlived life within us. Between the two stands resistance.

-STEVEN PRESSFIELD

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



If you can't, you must.

-TONY ROBBINS

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*It is one thing to study war
and another to live the warrior's life.*

-TELAMON OF ARCADIA

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



WEEKLY CHALLENGE

If this was the last week of your life, would you do what you are about to do? What would you change?

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Difficulties strengthen the mind, as labor does the body.

-SENECA

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Learning is an ornament in prosperity,
a refuge in adversity, and a provision in old age.*

—ARISTOTLE

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Anyone who doesn't believe in miracles is not a realist.

-DAVID BEN GURION

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Man's mind, once stretched by a new idea,
never regains its original dimensions.*

—OLIVER WENDELL

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*Cowards die many times before their deaths;
the valiant never taste of death but once.*

-WILLIAM SHAKESPEARE

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



The magic is inside you. There ain't no crystal ball.

-DOLLY PARTON

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

WEEKLY CHALLENGE

Say yes to everything today (still use common sense).

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Life is a series of collisions with the future; it is not the sum of what we have been, but what we yearn to be.

–JOSÉ ORTEGA Y GASSET

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*Kindness is more important than wisdom,
and the recognition of this is the beginning of wisdom.*

-THEODORE ISAAC RUBIN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Always do what's next.

—GEORGE CARLIN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Arrange whatever pieces come your way.

-VIRGINIA WOOLF

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



The ideal attitude is to be physically loose and mentally tight.

–ARTHUR ASHE

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

In the long history of humankind those who learned to collaborate and improvise most effectively have prevailed.

-CHARLES DARWIN

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



WEEKLY CHALLENGE

Write your bucket list

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Never has it been more important to understand the power of having, maintaining, and developing a strong personal brand.

-MITCH JOEL

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Our purpose is to consciously, deliberately evolve towards
a wiser, more liberated and luminous state of being.*

-TOM ROBBINS

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Don't compromise yourself. You are all you've got.

-JANIS JOPLIN

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



A person who doubts himself is like a man who would enlist in the ranks of his enemies and bear arms against himself.

-ALEXANDRE DUMAS

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*The stability we cannot find in the world,
we must create within our own persons.*

-NATHANIEL BRANDEN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



WEEKLY CHALLENGE

Hold the door open for someone

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*Align what you do with what you value,
and fantastic things happen.*

-GINA TRAPANI

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Finding your calling and your dream is not a first date;
it is more often than not a reunion.*

—JON ACUFF

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Finding your element is fundamental to living a life that has purpose and meaning.

-SIR KEN ROBINSON

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

Reminder

You have two weeks of the journal left to complete.

We recommend that you order your new
Five Minute Journal from our website:

www.fiveminutejournal.com



DATE ____ / ____ / 20____

In the end, you get to regard your scars as a source of strength and wisdom, or as ties that bind.

-MICHAEL BUNGAY STANIER

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Get a worthy To-Do list.
It's what we should all be aiming for.*

-DEREK SIVERS

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Study the past, if you would divine the future.

-CONFUCIUS

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



WEEKLY CHALLENGE

Learn about Benjamin Franklin's 13 virtues

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

Approach everything as a creative opportunity.

-DANIELLE LAPORTE

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



Remember, the easiest thing to sell is the truth.

-DAYMOND JOHN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*There is no secret. I'm myself, I believe in what I do,
and I make up the rest as I go along.*

—LAURYN BALLESTEROS

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*Life can only be understood backward,
but it must be lived forward.*

—SØREN KIERKEGAARD

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

To equal a predecessor, one must have twice they worth.

-BALTASAR GRACIAN

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

1. _____
2. _____
3. _____

How could I have made today better?

DATE ____ / ____ / 20____



*The more you use your brain,
the more brain you will have to use.*

—GEORGE A. DORSEY

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?



DATE ____ / ____ / 20____

*The more man meditates upon good thoughts,
the better will be his world and the world at large.*

-CONFUCIUS

I am grateful for...

- 1. _____
- 2. _____
- 3. _____

What would make today great?

- 1. _____
- 2. _____
- 3. _____

Daily affirmations. I am...



3 Amazing things that happened today...

- 1. _____
- 2. _____
- 3. _____

How could I have made today better?

DATE ____ / ____ / 20____



WEEKLY CHALLENGE

Create your victory dance

I am grateful for...

1. _____
2. _____
3. _____

What would make today great?

1. _____
2. _____
3. _____

Daily affirmations. I am...

3 Amazing things that happened today...



1. _____
2. _____
3. _____

How could I have made today better?

Milestones & Coffee Breaks

“There’s a secret that real writers know that wannabe writers don’t, and the secret is this: It’s not the writing part that’s hard. What’s hard is sitting down to write. What keeps us from sitting down is Resistance.”

–STEVEN PRESSFIELD

Congratulations! You’ve just finished half a year’s worth of *The Five Minute Journal*. You’ve moved through days where it was really hard to pick up the pen and write and still pushed past the resistance. You’ve reached for the notebook on days where you were already cozy in bed and suddenly remembered you hadn’t filled in your journal.

Bravo on beating resistance on both counts.

Now’s the time to take a deep breath, smile and rest a few moments celebrating this milestone. Milestones exist for us as a barometer for how far along we’ve come and also remind us that the journey surely continues. They allow us to take inventory of the past and plan for the future, just like the beginning of the new year, birthdays and coffee breaks. Please enjoy this milestone by treating yourself to something nice.

How has *The Five Minute Journal* changed your life? We’d love to hear your story! Email us at hello@fiveminutejournal.com or write to us on Facebook - www.facebook.com/fiveminutejournal.

We also hope you’ve already got new copy of the Journal with you so you can continue writing tomorrow.

References

1. Why 44% of doctors are overweight

Kalb, C (October 13, 2008) Drop that corn dog, doctor. Newsweek

2. Willpower is a limited resource

Baumeister, R. F. Bratslavsky, E., Muraven, M., & Tice, D. M. (1998). Ego depletion: Is the active self a limited resource? *Journal of Personality and Social Psychology*

3. 5 hours and 11 minutes of TV per day

BLS American Time Use Survey, A.C. Nielsen Co., 2012

4. Gratitude

Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life, Emmons and McCullough (2003)

5. Hypothalamus

The Neural Basis of Human Social Values: Evidence from Functional MRI, Zahn et al (2008)

6. Daily Affirmation

Crum A.J., & Langer, E.J. (2007). Mindset matters: Exercise and the placebo effect. *Psychological Science*, 18(2)

7. The bad news

<http://www.prnewswire.com/news-releases/dont-be-among-the-eighty-eight-percent-of-new-years-resolutions-that-fail-1126Five4799.html>

