

Daily Success Journal

What limiting beliefs do you feel like you are experiencing or have?

What are some examples of negative self talk that you are hearing in your mind?

What fears do you currently have?

What excuses are you coming up with over and over?

Now write down what you were thinking about for the above statements:

How were, the above statements (unreal, over blown...) or can be conquered/won over time:

Write down some fun challenges (goals, and find a purpose for) what you would like to overcome in your career/education/life: Overall why do you want to obtain these? (*freedom for what?*)

Check list:

- ✓ I have watched a video on motivation today []
- ✓ I got up early to start the day with a positive attitude []
- ✓ I did some exercise in the morning time []
- ✓ I read a book or blog about success or attitudes []
- ✓ I will avoid TV / Internet / News and focus on better things []
- ✓ I will begin or finish something important today []
- ✓ I learned something new today or work on a skill []

Work on completing the following statements:

- Today, **I will**, focus on: [_____].
- Tomorrow, **I can**, focus on: [_____].
- **I must**, complete this by the, weekend: [_____].

Things that I want to, achieve? I desire to overcome, what? Give some examples of outcomes, you really want to have happen for these given situations [envision these working out good].
