

WAKE UP TIME: _____ energy(1-10): _____ snz? Y N Time went to Bed: _____ # of Hours Slept: _____ Work? Y N STN? _____ CALLS AFTER SLEEP? _____	SELL MYSELF: WHY DO I DESERVE ALL THIS SUCCESS? WHY IS SUCCESS SO CERTAIN FOR ME?
WHERE DO I NOTICE ALL THE ABUNDANCE IN MY LIFE? FEEL IT (WHAT AM I GRATEFUL FOR)	
	IF I WAS CRAZY & 100% COMMITTED ABOUT REACHING MY TOP PRIORITY GOAL, WHAT WOULD I DO TODAY?
IN WHAT WAYS DO I ENJOY AMAZING FREEDOM?	WHAT CAN I DO TODAY TO STRENGTHEN MY RELATIONSHIP WITH HEATHER AND MY KIDS? SPECIFICS.
WHAT IS EXCELLENT IN MY LIFE RIGHT NOW?	WORKOUT GOAL:
	BOOK READING GOAL: _____ PAGES I'LL READ TODAY: _____
MY GOALS: AFFIRMATIONS, MAKE IT REAL (weekly, monthly or yearly goals)	TOP 3 GOALS/OUTCOMES
	WHAT IS CAUSING ME THE MOST FEAR OR ANXIETY?
	STOP BEING A HOE. DO THAT SHIT.
	WHAT ARE THE TOP 5 ACTIONS I MUST TAKE? SCHEDULE IN MY DAY Y N
	1 MUST DO: MY ONE THING _____ Est. Time: _____
	2 _____ Est. Time: _____
	3 _____ Est. Time: _____
	4 _____ Est. Time: _____
	5 _____ Est. Time: _____
	POTENTIAL BARRIERS?
	PLANS FOR OVERCOMING THEM?
WHAT ARE THE MAJOR REASONS I NEED THESE GOALS TO HAPPEN?	WHAT RESULTS DO I EXPECT TO EXPERIENCE TODAY? DESCRIBE IT, CAUSE IT'S REAL.
	WHAT CAN I DO TODAY TO INSPIRE MORE FAITH AND BELIEF IN MY DESIRED RESULTS?
IC IMPROVEMENT FOCUS FOR THE WEEK:	
HOW DO I DECIDE TO FEEL TODAY?? WHAT STATES?	VISUALIZE MY GOALS, MY DAY, MY WORKOUT, MY BOOK! 5 MINUTES
	YES NO LOOK AT MONTHLY & WEEKLY GOALS!

FILL IN STAT SHEET: WORKOUTS, ACTIONS, GOALS/RESULTS, FOOD, ETC	WHERE & HOW DID I ACT CONSISTENTLY WITH THE ULTIMATE ME?
WHAT ARE SOME VERY OBVIOUS SIGNS OF SUCCESS IN MY LIFE?	
WHAT ARE THE BRIGHTEST SPOTS IN MY LIFE RIGHT NOW?	DID I TELL MY WIFE I LOVE HER, AND HUG AND KISS HER? YES NO GO DO IT.
	MY GOALS IN AFFIRMATIONS: FEEL IT! (weekly, monthly or yearly goals)
WHO AM I SO HAPPY TO HAVE IN MY LIFE?	
FEEL IT	
WHERE DID I WIN? 1.	
2	
3	
4	
WHERE DID I SHOW NOTICEABLE IMPROVEMENT?	
WHAT IS ONE POSITIVE OR HELPFUL THING I NOTICED THAT CAN HELP ME IN THE FUTURE? IRONS	
WHAT IS ONE NEW BELEIF I CAN ADOPT OR REAFFIRM BASED ON WHAT I LEARNED TODAY?	
WAS THERE SOMETHING IN MY WAY? YES NO IF SO, WHAT?	
WHAT CAN I DO TOMORROW TO BE MORE AGGRESSIVE IN REACHING MY GOALS & BREAKING THROUGH?	
1	
2	
3	WHY ARE THESE GOALS SO IMPORTANT? HOW WILL MY LIFE CHANGE BY CRUSHING THESE?
DID I DO MY I THING? YES NO DID I ACHIEVE MY TOP 3 GOALS? YES NO	
IF NOT, WHY? IF SO, WHAT CONTRIBUTED TO MY SUCCESS?	
	WHY AM I 100% SURE THAT SOMETHING AMAZING WILL HAPPEN TOMORROW?
WHERE DID I NOTCE THE LOA IN ACTION?	
	NOW DO YOUR DAILY RPM & MINSTORM/INTENTIONS!