

## today's date

### I am...

I put my "affirmations" here. Sentences that begin with "I am—" Some of my go-tos are...  
*I am kind. I am love. I am abundant. I am receptive. I am a writer.*

**superobjective:** What do you want more than anything in life? I write, "to inspire."

**month:** What's your biggest "objective" for the month? Mine right now is "body care."

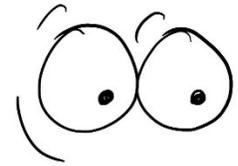
**day:** What's your most important goal today?

\*At the end of the day, I comment on how I did with each of these 3 objectives.

\_\_\_\_\_ weeks until \_\_\_\_\_

\_\_\_\_\_ DAYS until \_\_\_\_\_

Pick the top things you're looking forward to and write count-downs. If you don't have anything, start planning stuff!



This is where I list everything I'm looking forward to (that's not already written as a count-down). Try to pick at least one thing that's "today." I list things like:  
bicycling  
novel work  
shopping  
speaking gigs  
gardening  
friend dates  
puddin'  
TV time

## RESOLVES

This is basically my "to do" list for the day. I write all the things I must get done, the things I want to get done and believe I can do, and also attitudes and habits I want to abide by. At the end of the day, I check them all off! (hopefully)

## GRATITUDES

Here I list a bunch of things I'm grateful for. I write at least 3 first thing in the morning; then at the end of the day, I add in more things that happened throughout the day.

And then around the edges, in the margins, I write any "journal" type thoughts I want to record. Sometimes I make lists, like I could list groceries I want to get for an event on my count-down list.

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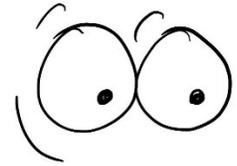
superobjective:

month:

day:

\_\_\_\_\_ weeks until \_\_\_\_\_

\_\_\_\_\_ DAYS until \_\_\_\_\_



**RESOLVES**

**GRATITUDES**