

HVL | HIGH
VALUE
LEADER

JOURNAL

*“Success is the sum of
small efforts - repeated
day in and day out.”*

— Robert Collier

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IMMERSION LEARNING

Immersion Learning is the practice of immersing yourself into a particular skill or topic in order to acquire it quickly. What skill will you immerse yourself in learning this month that will move you closer to your Quarterly & 1-year Goals? Spend the first day or two researching the thought leaders in this area, where you can find them, and how you can learn from them. Then get to work!

Skill/Topic:

Thought Leaders:

Podcasts:

Books:

28-DAY CHECKLIST

Bucket List

Net Worth

QUARTERLY DATING

Who: _____

What: _____

Where: _____

Who: _____

What: _____

Where: _____

Who: _____

What: _____

Where: _____

NOTES

MORNING ROUTINE

Suggested: rise early, hydrate, review goals, success statement, read, journal, work out, cold shower, healthy breakfast

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

EVENING ROUTINE

Suggested: Review your day, set up tomorrow, personal development, journal

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

GET UNCOMFORTABLE

New Fitness

Check off a box for every new workout you attempt.

Cold Plunge

Check off a box each time you do a cold plunge.

Fast

Check off the box when you complete your fast.

24 Beginner

36 Intermediate

48 Advanced

NOTES

SUCCESS STATEMENT

Write a statement here that empowers you during this 28-day challenge.

This can be a statement about what you will accomplish, what you are committing to, or a limiting belief you will overcome in the next 28 days.

For example:

I will prove that plenty of business opportunities are out there by outworking my competition.

ME DAY

List all activities/tasks you will get done on this day.

DATE: / /

TASK OR PERSONAL REWARD TO COMPLETE

NOTES

THEM DAY

List all ideas for helping others.

DATE: / /

PERSON

NICE THING I WILL DO FOR THIS PERSON

NOTES

28-DAY GOALS

FAMILY

HEALTH

WEALTH

SELF

WEEK ONE

MONDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

What are my prospecting goals for today?
Who will I reach out to?

60 minutes of prospecting completed?

MORNING

Morning
journal:

GRATITUDE

What am I grateful
for today & why?

POWER LIST

Top 3 must complete activities
to make today a win:

1.

2.

3.

EFFICIENCY

Is there anything I can become more effective/efficient at?

WHAT DID I LEARN TODAY?

"A ha" moment, new discovery, valuable lesson, revelation, or reflection

WHAT IS ONE GOOD THING THAT HAPPENED TODAY?

EVENING

Evening journal:

ACCOUNTABILITY

Did I complete my power list? Yes No

Did I complete today's prospecting goals? Yes No

Did I complete my daily essentials? Yes No

WEEK ONE

TUESDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

What are my prospecting goals for today?
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60 minutes of prospecting completed?

MORNING

Morning
journal:

GRATITUDE

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18

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EVENING

Evening journal:

ACCOUNTABILITY

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Did I complete today's prospecting goals? Yes No

Did I complete my daily essentials? Yes No

WEEK ONE WEDNESDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

What are my prospecting goals for today?
Who will I reach out to?

60 minutes of prospecting completed?

MORNING

Morning
journal:

GRATITUDE

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POWER LIST

Top 3 must complete activities
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20

EFFICIENCY

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EVENING

Evening journal:

ACCOUNTABILITY

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Did I complete today's prospecting goals? Yes No

Did I complete my daily essentials? Yes No

WEEK ONE

THURSDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

What are my prospecting goals for today?
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MORNING

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Evening journal:

ACCOUNTABILITY

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WEEK ONE

FRIDAY / /

ESSENTIALS

EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

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Who will I reach out to?

60 minutes of prospecting completed?

MORNING

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GRATITUDE

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POWER LIST

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EVENING

Evening journal:

ACCOUNTABILITY

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Did I complete today's prospecting goals? Yes No

Did I complete my daily essentials? Yes No

WEEK ONE

SATURDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

What are my prospecting goals for today?
Who will I reach out to?

60 minutes of prospecting completed?

MORNING

Morning
journal:

GRATITUDE

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POWER LIST

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26

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EVENING

Evening journal:

ACCOUNTABILITY

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WEEK ONE

SUNDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

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EVENING

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ACCOUNTABILITY

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Did I complete my daily essentials? Yes No

WEEK TWO

MONDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

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60 minutes of prospecting completed?

MORNING

Morning
journal:

GRATITUDE

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POWER LIST

Top 3 must complete activities
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30

EFFICIENCY

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EVENING

Evening journal:

ACCOUNTABILITY

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Did I complete my daily essentials? Yes No

WEEK TWO

TUESDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

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60 minutes of prospecting completed?

MORNING

Morning
journal:

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EVENING

Evening journal:

ACCOUNTABILITY

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Did I complete today's prospecting goals? Yes No

Did I complete my daily essentials? Yes No

WEEK TWO WEDNESDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

What are my prospecting goals for today?
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60 minutes of prospecting completed?

MORNING

Morning
journal:

GRATITUDE

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POWER LIST

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34

EFFICIENCY

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EVENING

Evening journal:

ACCOUNTABILITY

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Did I complete today's prospecting goals? Yes No

Did I complete my daily essentials? Yes No

WEEK TWO

THURSDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

What are my prospecting goals for today?
Who will I reach out to?

60 minutes of prospecting completed?

MORNING

Morning
journal:

GRATITUDE

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POWER LIST

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EVENING

Evening journal:

ACCOUNTABILITY

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Did I complete my daily essentials? Yes No

WEEK TWO

FRIDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

What are my prospecting goals for today?
Who will I reach out to?

60 minutes of prospecting completed?

MORNING

Morning
journal:

GRATITUDE

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for today & why?

POWER LIST

Top 3 must complete activities
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WHAT IS ONE GOOD THING THAT HAPPENED TODAY?

EVENING

Evening journal:

ACCOUNTABILITY

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Did I complete today's prospecting goals? Yes No

Did I complete my daily essentials? Yes No

WEEK TWO

SATURDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

What are my prospecting goals for today?
Who will I reach out to?

60 minutes of prospecting completed?

MORNING

Morning
journal:

GRATITUDE

What am I grateful
for today & why?

POWER LIST

Top 3 must complete activities
to make today a win:

1.

2.

3.

40

EFFICIENCY

Is there anything I can become more effective/efficient at?

WHAT DID I LEARN TODAY?

"A ha" moment, new discovery, valuable lesson, revelation, or reflection

WHAT IS ONE GOOD THING THAT HAPPENED TODAY?

EVENING

Evening journal:

ACCOUNTABILITY

Did I complete my power list? Yes No

Did I complete today's prospecting goals? Yes No

Did I complete my daily essentials? Yes No

WEEK TWO

SUNDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

What are my prospecting goals for today?
Who will I reach out to?

60 minutes of prospecting completed?

MORNING

Morning
journal:

GRATITUDE

What am I grateful
for today & why?

POWER LIST

Top 3 must complete activities
to make today a win:

1.

2.

3.

42

EFFICIENCY

Is there anything I can become more effective/efficient at?

WHAT DID I LEARN TODAY?

"A ha" moment, new discovery, valuable lesson, revelation, or reflection

WHAT IS ONE GOOD THING THAT HAPPENED TODAY?

EVENING

Evening journal:

ACCOUNTABILITY

Did I complete my power list? Yes No

Did I complete today's prospecting goals? Yes No

Did I complete my daily essentials? Yes No

WEEK THREE

MONDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

What are my prospecting goals for today?
Who will I reach out to?

60 minutes of prospecting completed?

MORNING

Morning
journal:

GRATITUDE

What am I grateful
for today & why?

POWER LIST

Top 3 must complete activities
to make today a win:

1.

2.

3.

44

EFFICIENCY

Is there anything I can become more effective/efficient at?

WHAT DID I LEARN TODAY?

"A ha" moment, new discovery, valuable lesson, revelation, or reflection

WHAT IS ONE GOOD THING THAT HAPPENED TODAY?

EVENING

Evening journal:

ACCOUNTABILITY

Did I complete my power list? Yes No

Did I complete today's prospecting goals? Yes No

Did I complete my daily essentials? Yes No

WEEK THREE

TUESDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

What are my prospecting goals for today?
Who will I reach out to?

60 minutes of prospecting completed?

MORNING

Morning
journal:

GRATITUDE

What am I grateful
for today & why?

POWER LIST

Top 3 must complete activities
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EFFICIENCY

Is there anything I can become more effective/efficient at?

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EVENING

Evening journal:

ACCOUNTABILITY

Did I complete my power list? Yes No

Did I complete today's prospecting goals? Yes No

Did I complete my daily essentials? Yes No

WEEK THREE WEDNESDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

What are my prospecting goals for today?
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60 minutes of prospecting completed?

MORNING

Morning
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WHAT DID I LEARN TODAY?

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WHAT IS ONE GOOD THING THAT HAPPENED TODAY?

EVENING

Evening journal:

ACCOUNTABILITY

Did I complete my power list? Yes No

Did I complete today's prospecting goals? Yes No

Did I complete my daily essentials? Yes No

WEEK THREE THURSDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

What are my prospecting goals for today?
Who will I reach out to?

60 minutes of prospecting completed?

MORNING

Morning
journal:

GRATITUDE

What am I grateful
for today & why?

POWER LIST

Top 3 must complete activities
to make today a win:

1.

2.

3.

50

EFFICIENCY

Is there anything I can become more effective/efficient at?

WHAT DID I LEARN TODAY?

"A ha" moment, new discovery, valuable lesson, revelation, or reflection

WHAT IS ONE GOOD THING THAT HAPPENED TODAY?

EVENING

Evening journal:

ACCOUNTABILITY

Did I complete my power list? Yes No
Did I complete today's prospecting goals? Yes No
Did I complete my daily essentials? Yes No

WEEK THREE

FRIDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

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60 minutes of prospecting completed?

MORNING

Morning
journal:

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Top 3 must complete activities
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WHAT DID I LEARN TODAY?

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WHAT IS ONE GOOD THING THAT HAPPENED TODAY?

EVENING

Evening journal:

ACCOUNTABILITY

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Did I complete today's prospecting goals? Yes No

Did I complete my daily essentials? Yes No

WEEK THREE SATURDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

What are my prospecting goals for today?
Who will I reach out to?

60 minutes of prospecting completed?

MORNING

Morning
journal:

GRATITUDE

What am I grateful
for today & why?

POWER LIST

Top 3 must complete activities
to make today a win:

1.

2.

3.

54

EFFICIENCY

Is there anything I can become more effective/efficient at?

WHAT DID I LEARN TODAY?

"A ha" moment, new discovery, valuable lesson, revelation, or reflection

WHAT IS ONE GOOD THING THAT HAPPENED TODAY?

EVENING

Evening journal:

ACCOUNTABILITY

Did I complete my power list? Yes No

Did I complete today's prospecting goals? Yes No

Did I complete my daily essentials? Yes No

WEEK THREE

SUNDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

What are my prospecting goals for today?
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MORNING

Morning
journal:

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EVENING

Evening journal:

ACCOUNTABILITY

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Did I complete my daily essentials? Yes No

WEEK FOUR

MONDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

What are my prospecting goals for today?
Who will I reach out to?

60 minutes of prospecting completed?

MORNING

Morning
journal:

GRATITUDE

What am I grateful
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EVENING

Evening journal:

ACCOUNTABILITY

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Did I complete my daily essentials? Yes No

WEEK FOUR

TUESDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

What are my prospecting goals for today?
Who will I reach out to?

60 minutes of prospecting completed?

MORNING

Morning
journal:

GRATITUDE

What am I grateful
for today & why?

POWER LIST

Top 3 must complete activities
to make today a win:

1.

2.

3.

60

EFFICIENCY

Is there anything I can become more effective/efficient at?

WHAT DID I LEARN TODAY?

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WHAT IS ONE GOOD THING THAT HAPPENED TODAY?

EVENING

Evening journal:

ACCOUNTABILITY

Did I complete my power list? Yes No

Did I complete today's prospecting goals? Yes No

Did I complete my daily essentials? Yes No

WEEK FOUR WEDNESDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

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WEEK FOUR

THURSDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

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Morning
journal:

GRATITUDE

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POWER LIST

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64

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WHAT DID I LEARN TODAY?

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EVENING

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ACCOUNTABILITY

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WEEK FOUR

FRIDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

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Is there anything I can become more effective/efficient at?

WHAT DID I LEARN TODAY?

"A ha" moment, new discovery, valuable lesson, revelation, or reflection

WHAT IS ONE GOOD THING THAT HAPPENED TODAY?

EVENING

Evening journal:

ACCOUNTABILITY

Did I complete my power list? Yes No

Did I complete today's prospecting goals? Yes No

Did I complete my daily essentials? Yes No

WEEK FOUR

SATURDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

PROSPECTING

What are my prospecting goals for today?
Who will I reach out to?

60 minutes of prospecting completed?

MORNING

Morning
journal:

GRATITUDE

What am I grateful
for today & why?

POWER LIST

Top 3 must complete activities
to make today a win:

1.

2.

3.

EFFICIENCY

Is there anything I can become more effective/efficient at?

WHAT DID I LEARN TODAY?

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EVENING

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Did I complete my daily essentials? Yes No

WEEK FOUR

SUNDAY / /

ESSENTIALS EXERCISE 30 MINUTES: NO ALCOHOL: LOVED ONE:

WATER: DIET/NUTRITION: READ 10 PAGES:

GOALS

1-Year:

28-Day:

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COMPLETION DATE: / /

28-DAY SUMMARY & RESULTS

FAMILY

Lessons learned/biggest takeaway:

HEALTH

Lessons learned/biggest takeaway:

WEALTH

Lessons learned/biggest takeaway:

SELF

Lessons learned/biggest takeaway:

NOTES

Make sure to get your journal for next month
and keep your momentum going!

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