

**Daily Practice: Success Journal: Positive Mindset**

Print 84 copies of this worksheet and fill one out on each day of your challenge.

**PART 1: Honor Self-Promises**

Please write down 5 things you can do between now and this time tomorrow that will help you move forward in the direction of your 12-week goals.

	< PLAN	ACTUAL >
<b>1</b>		
<b>2</b>		
<b>3</b>		
<b>4</b>		
<b>5</b>		

**PART 2: The Universal Law of Reciprocation**

Please write down 5 things you can do between now and this time tomorrow that will help you move forward in the direction of your 12-week goals.

	< PLAN	ACTUAL >
<b>1</b>		
<b>2</b>		

**PART 3 : Focus on Progress, Not Perfection**

Please write down 3 things you did very well today that helped you move toward the achievement of your 12-week goals.

<b>1</b>	
<b>2</b>	
<b>3</b>	

Please write down one thing you will do better tomorrow.

<b>1</b>	