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FREEDOM JOURNAL

—ACCOMPLISH YOUR GOAL IN 100 DAYS—

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**FREEDOM
JOURNAL**
— ACCOMPLISH YOUR GOAL IN 100 DAYS —

We all need a little help
accomplishing our goals...

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FIRST EDITION

DEDICATION

To the listeners of my podcast, EOFire.

Fire Nation, you have shown me the power of setting and accomplishing goals. Each and every one of you has been my accountability partner on this journey, and for that I thank you.

JOHN LEE DUMAS
INTERVIEWS



GETTING STARTED

— USING THE JOURNAL —

THE FREEDOM JOURNAL

Goals.

We all have them, but why is accomplishing them such a challenge?

In one word: accountability.

We live in a fast-paced, busy, loud world. It's easy to see why things get put off 'til tomorrow way too often.

With *The Freedom Journal*, that all changes.

The Freedom Journal is what YOU need to accomplish your #1 goal in 100 days.

We've all tried holding ourselves accountable and failed. Guess what? We're human.

We've tried having others hold us accountable. That failed. Guess what? They're human, too.

The Freedom Journal is not human. It's a POWERFUL weapon that, when wielded correctly, can produce amazing results in a short time.

If you can commit to *The Freedom Journal* for the next 100 days and follow its guidance, it will deliver an accomplished goal to you. Period.

The Freedom Journal is engineered to provide you with the direction and accountability to accomplish that goal that has been elusive for far too long.

What is a goal you want to accomplish in 100 days?

Say it out loud.

Imagine how it would FEEL to have accomplished this goal.

Pretty awesome, right?!

You can do this. With *The Freedom Journal* by your side encouraging you every step of the way, you WILL accomplish this, and it will be amazing.

Let's get started!

WHAT IS THE FREEDOM JOURNAL?

What gets measured, gets done.
What gets rewarded, gets done well. —UNKNOWN

The Freedom Journal is all about measuring your progress, and rewarding you incrementally along the way.

How *The Freedom Journal* works

The Freedom Journal is 100 days of accountability.

Step-by-step, *The Freedom Journal* will guide you towards your goal.

The three steps to success

Step 1: Establish a “SMART” goal (details on the next page).

Step 2: Follow the daily guidance in *The Freedom Journal*.

Step 3: Accomplish your goal!

Sprints and Reviews

10-day sprints: To ensure you stay true to your timeline, there will be 10-day sprints where you will accomplish “mini” goals.

Quarterly review: Every 25 days, you’ll review your progress to identify what’s been working and where you are struggling. Then you’ll amplify the success and correct the areas of weakness.

K.I.S.S. Keep It Super Simple

Many people try to complicate the simplest things.

Do not complicate *The Freedom Journal*.

Simply wake up every day, follow the guidance, and execute.

You are 100 days away from accomplishing your goal.

Let’s do this!

HOW TO ESTABLISH A “SMART” GOAL

- S - Specific
- M - Measurable
- A - Attainable
- R - Relevant
- T - Time-bound

Specific: Your goal MUST be clear.

What: What do I want to accomplish?

Why: Specific reasons, purpose, or benefits of accomplishing the goal.

Who: Who is involved?

Where: Identify a location.

Which: Identify requirements and constraints.

Definiteness of purpose is the starting point
of all achievement. —W. CLEMENT STONE

Measurable: You MUST be able to track your progress, and measure the level of success. Your goal needs to answer questions such as:

How much?

How many?

How will I know when it is accomplished?

Success is the sum of small efforts, repeated
day in and day out. —ROBERT COLLIER

Attainable: “Building the next Google” is not an attainable goal in the next 100 days. “Launching a Podcast by following the free tutorials in FreePodcastCourse.com” is. You must set an attainable goal. A goal you can realistically accomplish in the given time frame.

Perfection is not attainable, but if we chase perfection
we can catch excellence. —VINCE LOMBARDI

Relevant: Your goal has to matter to your life goals. You don't want to get to the end of this journey, accomplish your goal, and say, "That was good, but this accomplishment hasn't impacted my life in a major way." We want IMPACT!

A relevant goal should answer yes to these questions:

Does this seem worthwhile?

Is this the right time?

Our greatest fear should not be of failure but of succeeding at things in life that don't really matter.

—FRANCIS CHAN

Time-bound: This is where *The Freedom Journal* THRIVES. You must set your goal within a timeframe. This will prevent your goal from being overtaken by the day-to-day crises that happen to us all. If you DON'T put time constraints on your goal, the time to accomplish it will expand indefinitely.

PARKINSON'S LAW: **Work expands so as to fill the time available for its completion.**

So let's go through an example of setting a SMART goal!

Goal: I want to publish my first book in 100 days!

Specific

What: I want to self-publish a book on the top 10 ways to get a better night's sleep in 100 days in the Amazon bookstore.

Why: Because I have the knowledge and I know it will help thousands of people if I can get it down on paper and into a distribution center like Amazon.

Who: Me, my editor, my formatter, and my designer.

Where: I will do all the work from my living room computer.

Which: (Constraints) I must finish the book by day 60 to give my editor and designer time to do their magic!

Measurable

The book will be approximately 250 pages, so I will write 5 pages a day for the first 50 days, and use the last 10 days to self-edit and finalize.

While my editor and designer are working on the book in the final 40 days, I will turn my efforts to pre-marketing.

I will use the 10-day sprints and quarterly reviews to ensure I stay on pace and on mission.

Attainable

I can write 5-pages a day! What makes me think this is possible? *The Freedom Journal*, that's what!

Relevant

Absolutely! I want to be an author as well as an authority figure in the sleep department. This will help me achieve both of these goals!

Time-bound

This part defines *The Freedom Journal*. I am grateful to have its companionship along my journey, and can't wait to get started. From blank Word doc to published author and authority figure in 100 days, here I come!

P.S.: The above goal is fictional, but I recommend *Sleep Smarter* by Shawn Stevenson if you were intrigued by the title.

ARE YOU READY?

The next 100 days are going to come and go before you know it. How many more months will slip by without any major accomplishment? Are you ready to put your foot down, dig your heels in, and COMMIT to accomplishing an amazing goal?

I have learned over the years that when one's mind is made up, this diminishes fear. —ROSA PARKS

Accountability partner

The Freedom Journal is your accountability partner on this journey. A great way to add to this is to have a real-life accountability partner to go on this journey with.

If you and a friend both commit to an individual 100-day goal and check in with each other every few days, your chances of success increase greatly.

Whether you are going at it with a friend or alone, you have in your hands the tool you need.

Commit. Engage. Persevere.

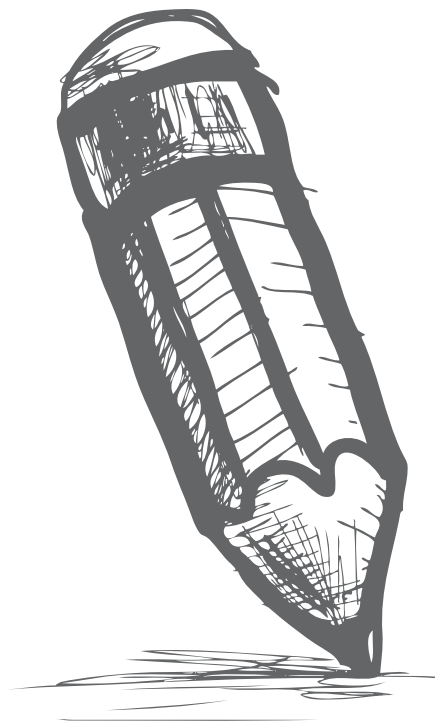
The Freedom Journal team is rooting you on. It's time to IGNITE!

Visit TheFreedomJournal.com for updates and more great resources!



SAMPLE ENTRIES

— EXAMPLES —



SAMPLE DAY

Try not to become a person of success,
but rather try to become a person of value. —ALBERT EINSTEIN

I am grateful for:

I am grateful for the opportunity to accomplish my dream goal. Now it's up to me to take action! I am grateful to have a project I am excited about that I know will help thousands of people get a better night's sleep!

In 99 days I will: self-publish my book, *Top 10 Ways to Get a Better Night's Sleep*.

My #1 focus today is: write the first 5 pages of my book. So exciting!

To get closer to my goal today, I will:

1. Review the notes I have taken from other books and manuscripts
2. Write!

By the end of today, I will have accomplished:

1. Five written pages
2. Reached out to one potential authority figure on sleeping to interview
3. Exercise!

Action plan for the day:

I will spend 45 minutes reading over my notes and then I will take a short break to clear my head. Then, I will use a pomodoro timer and for 53 minutes I will have no distractions on my screen and will simply write. At the end of 53 minutes of distraction-free writing, I will set the pomodoro timer for 7 minutes and take a break. Then I will take 20 minutes to review my prior writing before setting off for another 53-minute timed writing spree. I will not stop this cycle until I have 5 pages of written content that is to my satisfaction.

Thoughts/ideas/musings:

I thought writing a book was going to be a scary and daunting proposition, but when I break it down in this manner it truly seems doable...almost easy. I am very knowledgeable on sleep and can easily write 5 pages a day, if I simply sit down and write. OK, gotta go...it's writing time!

Recommended Resource: Hootsuite: Enhance your social media management with Hootsuite, the leading social media dashboard.

SAMPLE NIGHT

Two wonderful things that happened today:

1. I finished my first 5 pages of my book! I can do this!
2. While I was writing I had two AH-HA moments that came from my writing. I am shocked I never thought of these ideas before, but I can't wait to incorporate them into the book. Will share soon!

I struggled with:

1. A couple of times I didn't take the full 7-minute break as I was on a roll, but I hit a wall and my writing suffered. I need to stick to my plan.
2. 20 minutes is not long enough to review my 53 minutes of writing. I kept running out of time.

Possible solutions for the struggles:

1. Commit to the plan, John. You can do this!
2. I will bump my review time to 30 minutes starting tomorrow.

Tomorrow will be a great day because:

I have CONFIDENCE that I can and will finish this book. Today was not terrifying or exhausting, it was thrilling and energizing! I can't wait to wake up fresh and ready to tackle the next 5 pages of my book!

Thoughts/ideas/musings:

A 250-page book is daunting and scary, and that's why I have never even started over the last 5 years. However, in these bite-size increments, I know I can do it, and that's 90% of the battle!

Final thought of the day:

Life is about the journey, not the destination. I have to make sure to enjoy this journey to my goal, each and every day, for what it is.

SAMPLE FIRST SPRINT

My top three goals to accomplish during this sprint:

1. Write the first 50 pages of my book.
2. Schedule three interviews with top sleep experts in the industry
3. Work out in some capacity daily

One habit I will implement over the next 10 days:

I will be in bed by 9:30pm every night, with the goal of awaking at 5:30am to start my morning ritual!

Thoughts/ideas/musings:

For the first time in a long time I feel like I am gaining back control of my life. Bedtimes, rituals, structure, regimens...I LOVE IT!

IT'S GAME TIME!

SAMPLE 10-DAY SPRINT RECAP

Three goals I accomplished during this sprint:

1. Write pages 1-50 of my book, *Top 10 Ways to Get a Better Night's Sleep*.
2. Research three herbal supplements that claim to help with sleep.
3. Buy the app *Sleep Cycle* and start tracking my own sleep.

A surprise accomplishment during this sprint:

I was actually able to sit down and write 5 pages EVERY day. There were many days I didn't want to, but I had made the commitment to myself and to *The Freedom Journal*.

My top three goals to accomplish during the next sprint:

1. Write pages 51-100.
2. Interview three sleep specialists on the effects of caffeine and REM sleep.
3. Read one book on sleep by an author I respect.

One habit I will implement over the next 10 days:

A 35-minute power walk first thing every morning.

Thoughts/ideas/musings:

I seriously can't believe that in 10 days I already have 50 pages written! It has taken me 5 years to start this dream goal, and now by committing to just 5 pages a day I am 10% of the way to my goal of a published book!

**CONGRATULATIONS!
YOU ARE 10% TO YOUR GOAL!**

SAMPLE QUARTERLY REVIEW

Big accomplishments in the last 25 days:

1. I have 125 COMPLETED pages in my book...halfway to completion...YAY!
2. I have been tracking my own sleep and testing different strategies to prove and disprove different hypotheses. This is fun!
3. I have been doing a daily 35-minute power walk to start the day...yay!

Areas I need to improve in the next 25 days:

1. I had wanted to interview six sleep experts in these 25 days and I interviewed only two. I need a lot more time to reach out and schedule these chats.
2. I had wanted to start learning how to do a podcast to help market my book when it's live. I will have to sign up at FreePodcastCourse.com today to get going on that!
3. Cutting out distractions. I will use the Anti-Social app to block my use of social media and stay on task!

I am proud that:

I stuck to my goal of 5 pages a day!

I am excited about:

The next 25 days. I will be talking about my completed book at that time!

I am surprised by:

The ease and power of doing the small things right every day, and how that adds up to something substantial in a relatively short period of time!

Thoughts/ideas/musings:

Once you start working on a project with consistency, it's unbelievable the ideas that start springing to mind. Just by constantly working my idea muscle in the daily writing of this book, I have had breakthroughs in mere days that have previously taken years! I can't wait to see what the next 75 days unveil!

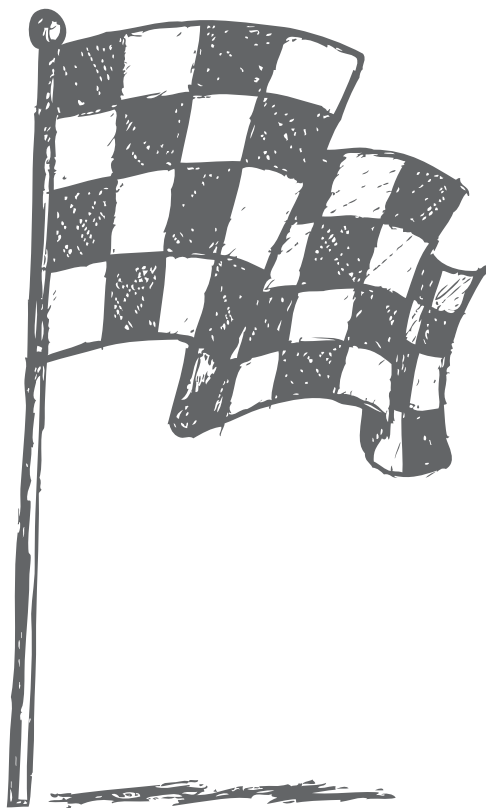
CONGRATULATIONS!
YOU ARE 25% TO YOUR GOAL!



YOUR
JOURNAL
— IT ALL BEGINS NOW —

ON YOUR MARK

— 10-DAY SPRINT —



FIRST 10-DAY SPRINT

My top three goals to accomplish during this sprint:

- 1.
- 2.
- 3.

One habit I will implement over the next 10 days:

Thoughts/ideas/musings:

IT'S GAME TIME!

DAY 1

If you really want to do something, you'll find a way.
If you don't, you'll find an excuse. —JIM ROHN

I am grateful for:

In 99 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: Hootsuite: Enhance your social media management with Hootsuite, the leading social media dashboard.

NIGHT 1

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 2

Courage is resistance to fear, mastery of fear—
not absence of fear. —MARK TWAIN

I am grateful for:

In 98 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: WorkFlowy: An organizational tool that makes life easier. It's a surprisingly powerful way to take notes, make lists, collaborate, brainstorm, and plan.

NIGHT 2

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 3

Motivation is what gets you started.
Habit is what keeps you going. —JIM RYUN

I am grateful for:

In 97 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: Buffer: Makes it easy to share any page you're reading. Keep your Buffer topped up and they automatically share posts for you throughout the day.

NIGHT 3

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 4

The starting point of all achievement is desire.

—NAPOLEON HILL

I am grateful for:

In 96 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: FourHourWorkWeek.com: #1 *New York Times* best-selling author Tim Ferriss teaches you how to escape the 9-5, live anywhere, and join the new rich.

NIGHT 4

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 5

People often say that motivation doesn't last. Well, neither does bathing—that's why we recommend it daily. —ZIG ZIGLAR

I am grateful for:

In 95 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: Lynda: Learn software, creative, and business skills to achieve your personal and professional goals.

NIGHT 5

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 6

Don't be afraid to give up the good to go for the great.

—JOHN D. ROCKEFELLER

I am grateful for:

In 94 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: Fiverr: The place for people to share things they're willing to do for \$5.

NIGHT 6

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 7

There are two types of people who will tell you that you cannot make a difference in this world: those who are afraid to try and those who are afraid you will succeed. —RAY GOFORTH

I am grateful for:

In 93 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: Evernote: The Evernote family of products help you remember and act upon ideas, projects and experiences across all the computers, phones and tablets you use.

NIGHT 7

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 8

The whole secret of a successful life is to find out what is one's destiny to do, and then do it. —HENRY FORD

I am grateful for:

In 92 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: EOFire.com: In his award-winning podcast, John Lee Dumas chats with today's most inspiring entrepreneurs 7 days a week. Prepare to IGNITE!

NIGHT 8

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 9

If you are not willing to risk the unusual,
you will have to settle for the ordinary. —JIM ROHN

I am grateful for:

In 91 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: Jing: Try Jing for a free and simple way to start sharing images and short videos of your computer screen. For work, home, or play.

NIGHT 9

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 10

I find that the harder I work,
the more luck I seem to have. —THOMAS JEFFERSON

I am grateful for:

In 90 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: Asana: Teamwork without email. Asana puts conversations and tasks together, so you can get more done with less effort.

NIGHT 10

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

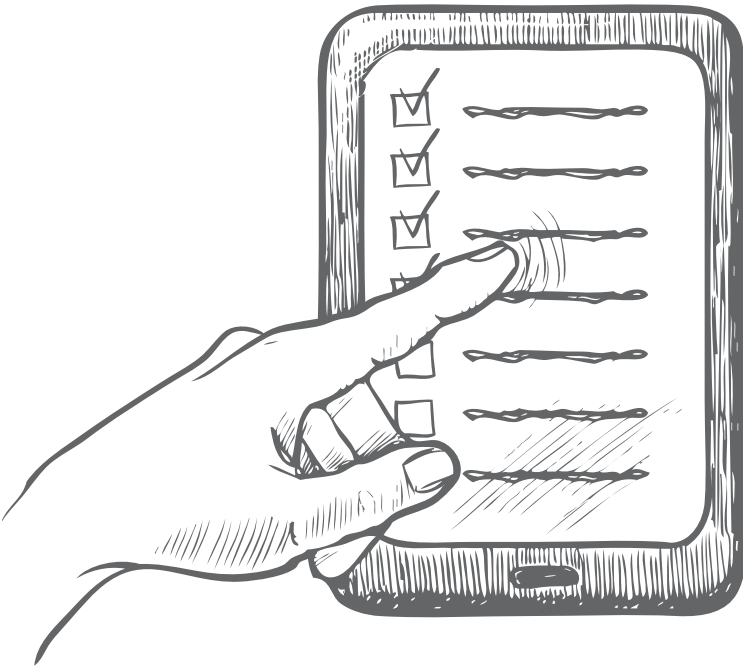
Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

GAUGING YOUR PACE

—10-DAY SPRINT RECAP—



10-DAY SPRINT RECAP

Three goals I accomplished during this sprint:

- 1.
- 2.
- 3.

A surprise accomplishment during this sprint:

My top three goals to accomplish during the next sprint:

- 1.
- 2.
- 3.

I want to put a ding in the universe. —STEVE JOBS

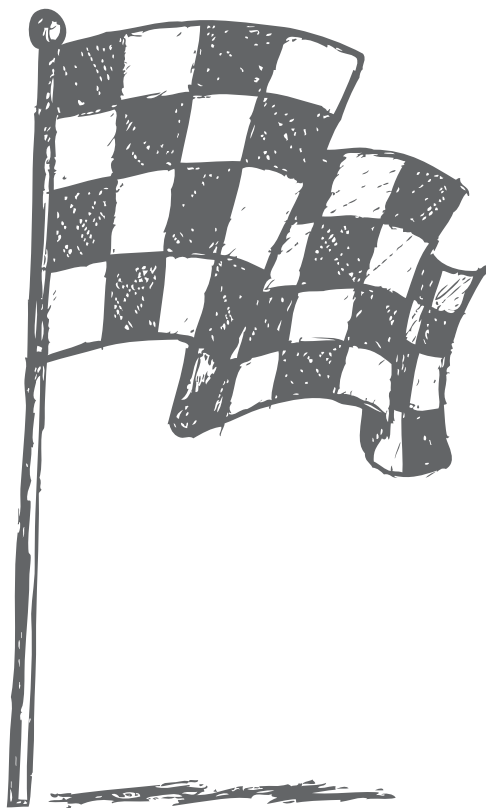
One habit I will implement over the next 10 days:

Thoughts/ideas/musings:

CONGRATULATIONS!
YOU ARE 10% TO YOUR GOAL!

ON YOUR MARK

— 10-DAY SPRINT —



SECOND 10-DAY SPRINT

My top three goals to accomplish during this sprint:

- 1.
- 2.
- 3.

One habit I will implement over the next 10 days:

Thoughts/ideas/musings:

IT'S GAME TIME!

DAY 11

Only put off until tomorrow what you are willing
to die having left undone. —PABLO PICASSO

I am grateful for:

In 89 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: Dropbox: Dropbox is a free service that lets you bring your photos, docs, and videos anywhere and share them easily. Never email yourself a file again!

NIGHT 11

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 12

Success is liking yourself, liking what you do,
and liking how you do it. —MAYA ANGELOU

I am grateful for:

In 88 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: MarcandAngel.com: Marc and Angel share practical tips and ideas on life, hacks, productivity, aspirations, health, work, tech and general self-improvement.

NIGHT 12

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 13

Failure is often that early morning hour of darkness which precedes the dawning of the day of success. —LEIGH MITCHELL HODGES

I am grateful for:

In 87 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: TaskRabbit: Get just about anything done by friendly, trustworthy people. Vetted TaskRabbits can help with errands, cleaning, delivery and so much more.

NIGHT 13

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 14

We become what we think about most of the time,
and that's the strangest secret. —EARL NIGHTINGALE

I am grateful for:

In 86 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: Coach.me: Coach.me employs coaching, community, and data to help you be your best. Stay motivated with guidance and encouragement.

NIGHT 14

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 15

The only place where success comes before work
is in the dictionary. —VIDAL SASSOON

I am grateful for:

In 85 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: Trello: Infinitely flexible. Incredibly easy to use. Great mobile apps. It's free. Trello keeps track of everything, from the big picture to the minute details.

NIGHT 15

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 16

Success is walking from failure to failure
with no loss of enthusiasm. —WINSTON CHURCHILL

I am grateful for:

In 84 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: ChrisBrogan.com: Chris Brogan is an American author, journalist, marketing consultant, and speaker about social media marketing.

NIGHT 16

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 17

The successful warrior is the average man,
with laser-like focus. —BRUCE LEE

I am grateful for:

In 83 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: Rapportive: Rapportive shows you everything about your contacts right inside your inbox. They combine what you know, what your organization knows, and what the web contains.

NIGHT 17

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 18

Whenever you find yourself on the side of the majority,
it is time to pause and reflect. —MARK TWAIN

I am grateful for:

In 82 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: Vocaroo: Vocaroo is a quick and easy way to share voice messages over the internet.

NIGHT 18

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 19

Develop success from failures. Discouragement and failure are two of the surest stepping stones to success. —DALE CARNEGIE

I am grateful for:

In 81 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: RescueTime: Helps you understand your daily habits so you can focus and be more productive.

NIGHT 19

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 20

Successful people do what unsuccessful people are not willing to do. Don't wish it were easier, wish you were better. —JIM ROHN

I am grateful for:

In 80 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: AmyPorterfield.com: Amy Porterfield is a social media strategy consultant.

NIGHT 20

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

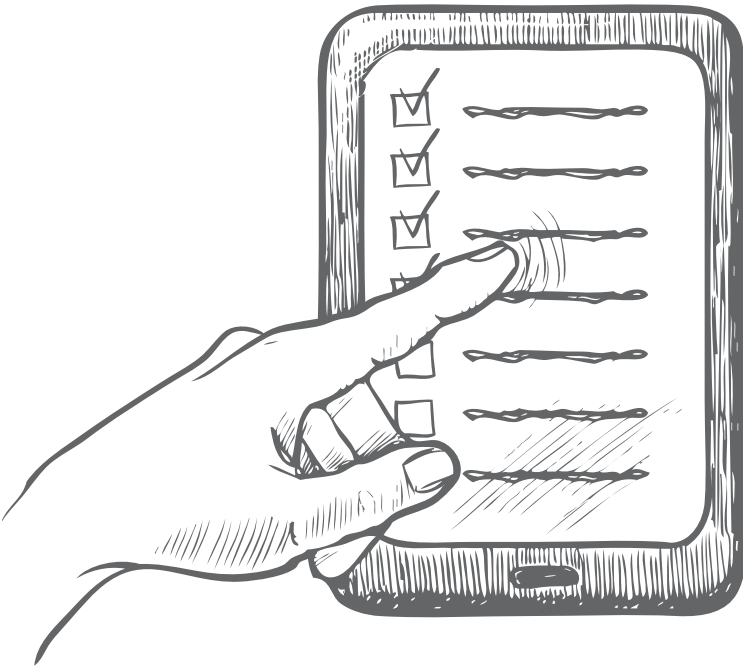
Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

GAUGING YOUR PACE

—10-DAY SPRINT RECAP—



10-DAY SPRINT RECAP

Three goals I accomplished during this sprint:

- 1.
- 2.
- 3.

A surprise accomplishment during this sprint:

My top three goals to accomplish during the next sprint:

- 1.
- 2.
- 3.

We become what we repeatedly do. —SEAN COVEY

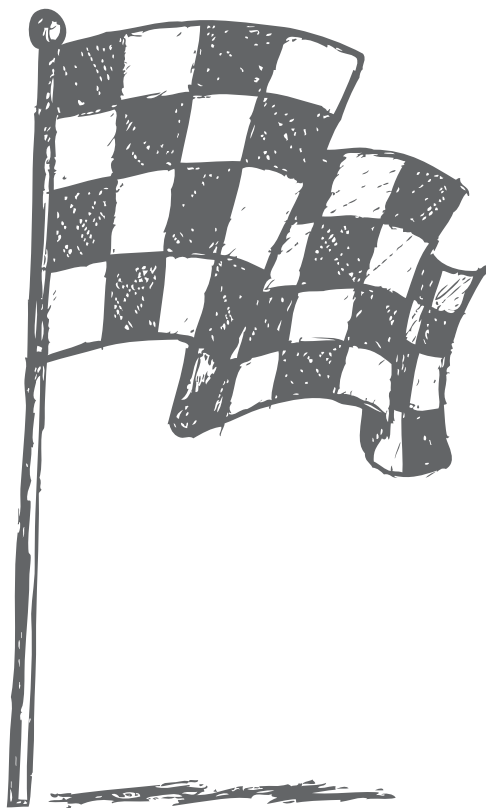
One habit I will implement over the next 10 days:

Thoughts/ideas/musings:

CONGRATULATIONS!
YOU ARE 20% TO YOUR GOAL!

ON YOUR MARK

— 10-DAY SPRINT —



THIRD 10-DAY SPRINT

My top three goals to accomplish during this sprint:

- 1.
- 2.
- 3.

One habit I will implement over the next 10 days:

Thoughts/ideas/musings:

IT'S GAME TIME!

DAY 21

You must expect great things of yourself before
you can do them. —MICHAEL JORDAN

I am grateful for:

In 79 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: Anti-Social: You know when you're trying to get work done, but end up wasting time on Facebook and Twitter? Anti-Social solves that problem.

NIGHT 21

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 22

I don't want to get to the end of my life and find that
I lived just the length of it. I want to have lived
the width of it as well. —DIANE ACKERMAN

I am grateful for:

In 78 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: TimeTrade: Online appointment scheduling by TimeTrade is used by businesses to create new sales prospects, accelerate the sales and service process, and make it easy.

NIGHT 22

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 23

There is no chance, no destiny, no fate, that can hinder or control the firm resolve of a determined soul. —ELLA WHEELER WILCOX

I am grateful for:

In 77 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: Wunderlist: The easiest way to organize your life and business, whether you're planning an overseas adventure or sharing a shopping list with a loved one.

NIGHT 23

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 24

You've got to get up every morning with determination
if you're going to go to bed with satisfaction. —GEORGE LORIMER

I am grateful for:

In 76 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: The SmartPassiveIncome Blog: Learn how to build an online passive income business with Pat Flynn.

NIGHT 24

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 25

Success is...knowing your purpose in life,
growing to reach your maximum potential,
and sowing seeds that benefit others. —JOHN C. MAXWELL

I am grateful for:

In 75 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: LeadPages: The world's easiest landing page generator. It's the easiest way to build conversion optimized and mobile responsive landing pages.

NIGHT 25

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

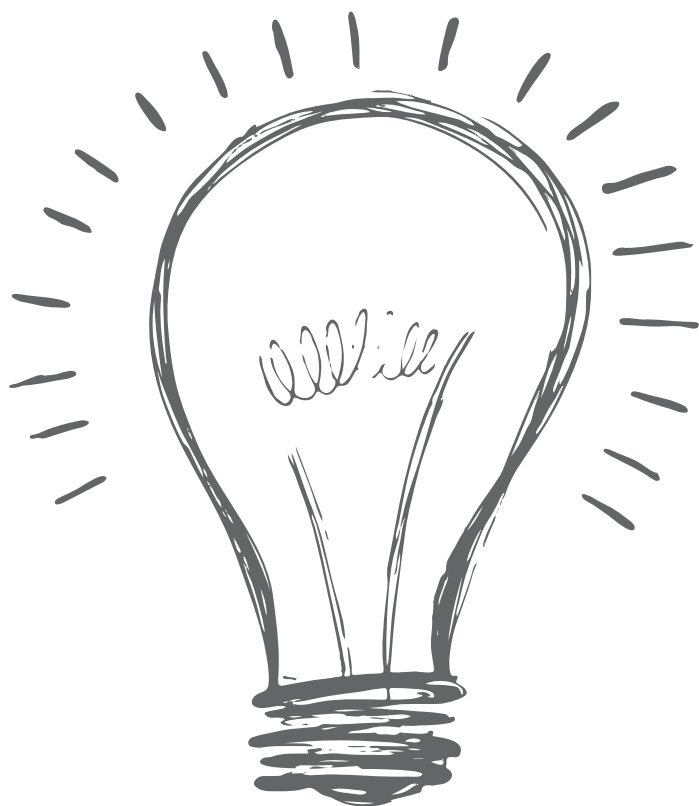
Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

PAUSE FOR PERSPECTIVE

— QUARTERLY REVIEW —



FIRST QUARTERLY REVIEW

Big accomplishments in the last 25 days:

- 1.
- 2.
- 3.

Areas I need to improve in the next 25 days:

- 1.
- 2.
- 3.

I am proud that:

I am excited about:

I am surprised by:

Thoughts/ideas/musings:

CONGRATULATIONS!
YOU ARE 25% TO YOUR GOAL!

DAY 26

Be miserable. Or motivate yourself.

Whatever has to be done, it's always your choice. —WAYNE DYER

I am grateful for:

In 74 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: ScreenFlow: With ScreenFlow you can record the contents of your entire monitor while also capturing your video camera, iOS device, microphone and your computer audio.

NIGHT 26

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 27

To accomplish great things, we must not only act, but also dream; not only plan, but also believe. —ANATOLE FRANCE

I am grateful for:

In 73 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: Visual Website Optimizer: The world's easiest A/B testing tool.

NIGHT 27

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 28

I attribute my success to this:

I never gave or took any excuse. —FLORENCE NIGHTINGALE

I am grateful for:

In 72 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: HowToFascinate.com: Sally Hogshead is a world-class branding expert and best-selling author.

NIGHT 28

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 29

The most difficult thing is the decision to act,
the rest is merely tenacity. —AMELIA EARHART

I am grateful for:

In 71 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: MindMeister: Create, share and collaboratively work on mind maps with MindMeister, the leading online mind mapping software. Includes apps for iPhone, iPad and Android.

NIGHT 29

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

DAY 30

The mind is everything.
What you think you become. —BUDDHA

I am grateful for:

In 70 days I will:

My #1 focus today is:

To get closer to my goal today, I will:

- 1.
- 2.

By the end of today, I will have accomplished:

- 1.
- 2.
- 3.

Action plan for the day:

Thoughts/ideas/musings:

Recommended Resource: TextExpander: Type more with less effort. TextExpander saves you time and keystrokes, expanding custom keyboard shortcuts into frequently used text and pictures.

NIGHT 30

Two wonderful things that happened today:

- 1.
- 2.

I struggled with:

- 1.
- 2.

Possible solutions for the struggles:

- 1.
- 2.

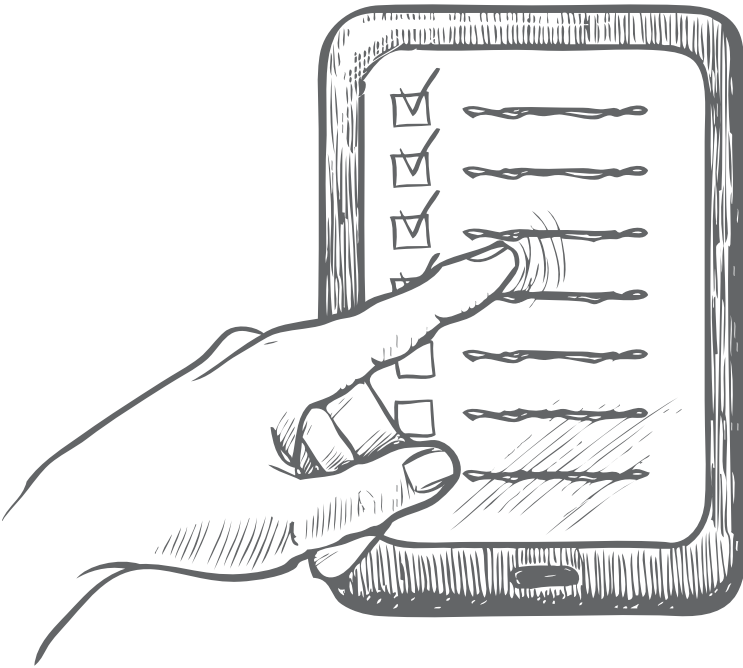
Tomorrow will be a great day because:

Thoughts/ideas/musings:

Final thought of the day:

GAUGING YOUR PACE

—10-DAY SPRINT RECAP—



10-DAY SPRINT RECAP

Three goals I accomplished during this sprint:

- 1.
- 2.
- 3.

A surprise accomplishment during this sprint:

My top three goals to accomplish during the next sprint:

- 1.
- 2.
- 3.

*A leader is one who knows the way, goes the way,
and shows the way.* —JOHN C. MAXWELL

One habit I will implement over the next 10 days:

Thoughts/ideas/musings:

CONGRATULATIONS!
YOU ARE 30% TO YOUR GOAL!

THOUGHTS/IDEAS/MUSINGS

THOUGHTS/IDEAS/MUSINGS