

Daily Success Journal

Name:

Date:

My Achievable One Year Outcome:

My 1st SMARTER Goal I'm Manifesting:

Gratitude For What I Have:

Actions I'm Going To Take Today To Get Me Closer To My Goal:

- 1.
- 2.
- 3.
- 4.
- 5.

Daily Practices

- **Mental**
 - Self-talk
 - Focus
 - Language
 - Visualization
- **Physical**
 - Exercise
 - Nutrition
 - Hydration
 - Recreation
- **Spiritual**
 - Meditating/Prayer
 - Journey Work
 - Active Imagination
 - Following Bliss
- **Emotional**
 - Release of “negative” emotions
 - Emotional Intelligence
 - Forgiveness
 - Meaning/Labeling

Acknowledgment of my daily success - what I got accomplished today:

- 1.
- 2.
- 3.
- 4.
- 5.

Personal reflections: