

Daily Journal

1. Did I use the Design Your Success System™ throughout today?
2. Did I apply observation / self-awareness consistently?
3. Did I approach my day with intention?
4. What were strong emotions I felt and why?
5. Did I acknowledge those emotions, and then distance myself to evaluate what I could do objectively to improve the situation(s)?

My top three goals for tomorrow:

Three things I am grateful for:

Additional Notes:

