



Instructions

Select a journal, exclusively to use as your Success Handbook
Use the 1st 3 pages for Answer 1 (Success), 2nd 3 pages for Answer 2 (Why)
Utilize the rest for your daily success journal entries, day by day
Want assistance, buy the handbook: www.365StepsToSuccess.com

Define your WHY, Embrace your Journey & Live a Life you are Proud of in Every Second!

To me, success is: _____

My why for every aspect of my life: _____

----- Daily Success Journal Entry -----

Date: _____

SUCCESS: Today was a success for me Yes / No

Why: _____

1. Today, I learned: _____

2. Today, I Improved: _____

3. Today, I Struggled: _____

Notes: _____

Focus for Tomorrow: _____

1st & 15th of the Month: Review your definition of SUCCESS & your Why. Revise as necessary.

Every 5th Day: Tell your spouse or significant other something about them you appreciate.

Every 6th Day: Think of a personal trait you are proud of & smile

Every 7th Day: Tell a stranger something about them you appreciate (Military, Barista, etc).

Every 10th Day: Tell someone in your professional life something about them you appreciate.

Happiness is when what you think, what you say & what you do are in harmony. - Gandhi