



### Instructions

Select a journal exclusively to use as your *Success Handbook*  
Use the 1<sup>st</sup> 3 pages for Answer 1 (*Success*), 2<sup>nd</sup> 3 pages for Answer 2 (*Why*)  
Utilize the rest for your daily success journal entries, day by day.

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

To me, success is (goal<5 words): \_\_\_\_\_

\_\_\_\_\_

My *why* for every aspect of my life (goal<5 words): \_\_\_\_\_

\_\_\_\_\_

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

*Our lives are a plea for meaning and means, everything to prove & everything to lose  
Someday is a disease that will take your dreams to the grave with you, Time is a fierce commodity*

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:** \_\_\_\_\_

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

Every Tuesday:              Tell your spouse or significant other something about them you appreciate.

Every Wednesday:        Think of a personal trait you are proud of & smile.

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

Every Friday:                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*

*They say you die twice, once when you take your last breath & another when your name is spoken for the last time – Banský*

*Today is the result of experiences, decisions, actions, reactions & inactions of yesterday. Both the good times & the trying ones make us who we are. Tomorrow will be the product of today's thoughts, goals, focus, desires & values. Don't watch life go by & think of what could have been. Seize the day & the initiative, be proactive & realize what life can become. Choose to embrace each & every day. Choose to invest fully in life. Live each day like it may be your last, because one day it will! Choose to **#LiveIntentionally***