

# 7 POINT KICK-START HABIT 1: GRATITUDE / AFFIRMATION / ACTION JOURNAL SHEET

Use this daily journaling technique to set the tone for your day and keep your mind focussed. Modify it in any way you wish. You can just put these headers in a notebook, rather than printing 28 of these. Create something thats right for you. Use daily and reflect on at end of day.

## Feelings & Mindset

Gratitude	Affirmations
<i>Being in a state of gratitude leads to positive mindset and attitude. You can't be negative and grateful at the same time. 'FEEL' as you write it</i>	<i>Keep these positive like 'I am strong' instead of 'I am not weak' Always state the positive</i>
▪ _____	▪ _____
▪ _____	▪ _____
▪ _____	▪ _____

## Focus & Direction

### Intentions for Day

*This will help 'set the tone' for your day. It helps you focus in the right direction. (This can be goals, behavior, to do's , etc.) Ex: 'I will focus on solutions, not problems.' 'I will be present'*

▪ \_\_\_\_\_

▪ \_\_\_\_\_

▪ \_\_\_\_\_

## Success & Accomplishment

### Non-Negotiables/Action List

*This should be items that you MUST accomplish today. You can categorize any way you want or just list them out. Ex: Order Business cards. Drink 64oz water. Read 10 pages*

Business	Health	Personal/Fun
▪ _____	▪ _____	▪ _____
▪ _____	▪ _____	▪ _____
▪ _____	▪ _____	▪ _____

At end of day, reflect on this and see how you did.  
Carry over anything you want to continue to work on daily until it becomes habit.