

My Goal Achieving Activities for _____ 20

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

More important activities for today – to be done ..
Morning / Afternoon / Evening / Without period

1. _____
2. _____
3. _____
4. _____

I promise to carry out these activities on the specified date before I go to bed. That's why I start early in the morning when the masses are still asleep.

Signature: _____

<http://www.bob-proctor.org/download>

My Daily GRATITUDE List

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Today, I send my love especially to the following people who have annoyed me:

1. _____
2. _____
3. _____

!!! Read aloud !!!

- I am responsible** for my life.
- I am responsible** for my feelings.
- I am responsible** for my personal growth.
- I am responsible** for every result I achieve.

Affirmation of my _____ goal:

Affirmation of my _____ goal:

- Read your Affirmation aloud.
- Visualize your goals for at least 15 minutes.
- Ask 5 minutes for guidance.

Ideas that I had during the visualization or during my day.