

Think Positive



POSITIVITY JOURNAL

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The journal is simple to use... the best tool to boost your productivity and focus through the power of positivity.

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PRODUCTIVITY

Below is a recommendation for how you might use the "productivity" section:

Goals I'm Pursuing

⊙ _____

⊙ _____

⊙ _____

⊙ _____

Record your goals each day.

These can be short-term or long-term goals.

Yes, often there will be repeats of your goals. This is a good thing, as you re-affirm to your brain that you are pursuing a particular goal your brain will perform its function and actively seek solutions to accomplish the goal.

Wins From Today

+ _____

+ _____

+ _____

+ _____

Now record your wins for the day.

This is one way you will see the power of positive momentum in your life.

At first it might be difficult to come up with all four wins. But, in time it will be easy to see all the little things you accomplish each and every day.

All these accomplishments are WINS!

Do This Tomorrow

6 Most Important Tasks

- At the end of the day, write down the six most important tasks to achieve tomorrow.
- These 6 tasks should help towards achieving your goals and objectives.
- Do not write down more than six tasks.

Prioritize Tasks

- Prioritize the six items in order of their true importance, from most important to least.

Focus on the First Task

- Complete the first task of your list before moving on to the second task.
- Work in order task-by-task.
- At the end of the day, move any unfinished tasks to the following day.


Think Positive

Check

Below is how you might use the "reflection" section:

REFLECTION

Write about one good thing that happened today. This will get you into the mindset of gratitude, the foundation of positive thinking.

One Good Thing _____

Write about one challenge. Just because we choose to be positive, doesn't mean we ignore the problems we face. Acknowledge the challenges.

One Challenge _____

Now take a moment to fully express your gratitude for someone or something that you have in your life.

The practice of expressing gratitude, appreciation, and thanks for who and what you have in life will have a big, positive impact on your life. I promise!

I'm Grateful For _____

Finally, take a moment to reflect on the event and feelings of your day.

- What lessons did you learn
 that will help you or others?
- How will you use the lessons from today to improve, even
 to become 1% better?

When you frame the events and feelings of the day as lessons, you become more proactive rather than being reactive. This gives you the power to control your life and not be controlled by the things in your life.

Today's Lessons _____

Think Positive

Check 

REMEMBER TO CHECK THE BOX FOR THINKING POSITIVE TODAY!

Date _____

S M T W T F S

PRODUCTIVITY

Goals I'm Pursuing

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Wins From Today

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Do This Tomorrow

REFLECTION

One Good Thing _____

One Challenge _____

I'm Grateful For _____

Today's Lessons _____



Think Positive

Check

Date _____

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PRODUCTIVITY

Goals I'm Pursuing

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REFLECTION

One Good Thing _____

One Challenge _____

I'm Grateful For _____

Today's Lessons _____



Think Positive

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Date _____

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PRODUCTIVITY

Goals I'm Pursuing

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REFLECTION

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Today's Lessons _____



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PRODUCTIVITY

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REFLECTION

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REFLECTION

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