ONE PERCENT BETTER EVERYDAY

A DAILY JOURNAL FOR PERSONAL GROWTH

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HOW TO USE THIS JOURNAL

Today you're the oldest you've ever been in life and today is the youngest you'll be for the rest of your life. Time and decay move in the same direction so if you don't put any energy into growing yourself, you will start to deteriorate with time. This is why you need to focus on getting one percent better every day because time and decay will eventually win the day. This journal will help you get one percent better by helping you focus on growing yourself first. When you're writing the prompts out, only take five to ten minutes on each section.

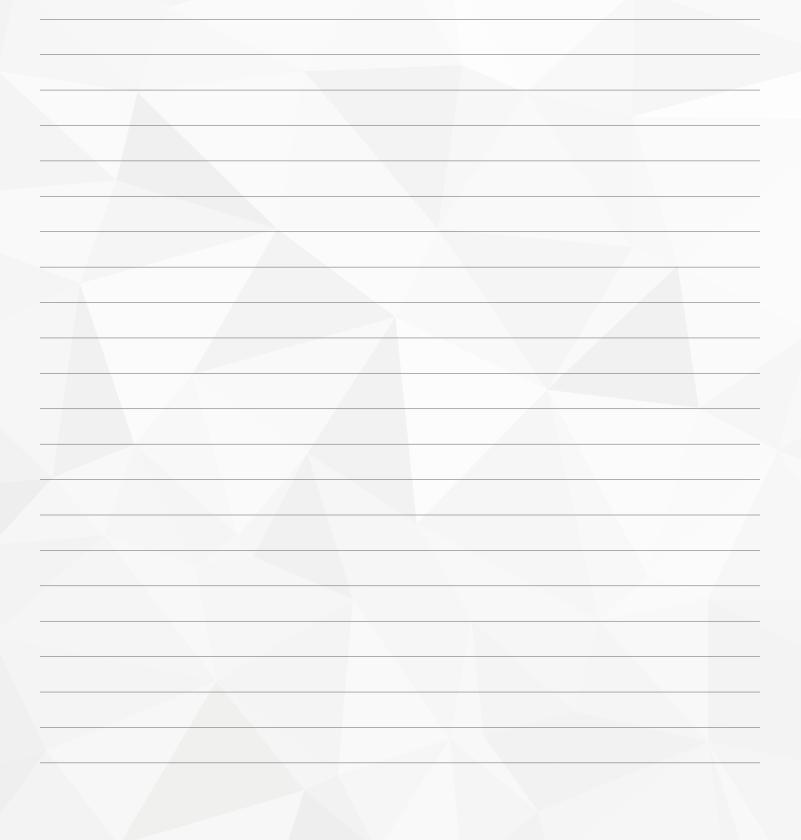
To see videos how to use the journal, please visit my website:

www.growwithjoe.me

If you have a tip for improving the journal, please tweet me at @growwithjoe or e-mail me at info@growwithjoe.me

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WHAT NEEDS TO HAPPEN IN THE NEXT SIX MONTHS TO MAKE MY LIFE A SMASH SUCCESS AND WHY?



SIX MONTH SMART* GOALS

HEALTH

Goal:

Obstacle(s):

Accountability Partners:

FINANCIAL

Goal:

Obstacle(s):

Accountability Partners:

PROFESSIONAL

Goal:

Obstacle(s):

Accountability Partners:

INTERPERSONAL

Goal:

Obstacle(s):

Accountability Partners:

BOOKS I WILL READ

1		
2.		
3		
4		
5		
6		
-		
7		
8.		
0.		
9.		
10.		
11.		
12.		
13.		
14.		

Please visit **www.growwithjoe.me** to view my book recommendations.

__/_/___ WHAT ARE THREE THINGS I'M GRATEFUL FOR? 1._____ 2. _____ 3. Y / N DID I EXERCISE TODAY? WHAT I LEARNED FROM READING: DID I MEDITATE TODAY? Y / N THE UNCOMFORTABLE THING I DID TODAY: **MOST IMPORTANT THINGS TO DO: FIVE NEW IDEAS:** 1. 2. 3. 4. 5.

"The man that chases two rabbbits, catches no rabbits."

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"God laid down this law, saying: if you want some good, get it from yourself."

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"The impediment to action advances action. What stands in the way becomes the way." Marcus Aurelius

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"How you do anything is how you do everything." Unknown

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"We don't rise to the level of our expectations, we fall to the level of our training." Archilochos

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"The distance between your dreams and reality is called action."

Unknown

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"Most powerful is he who has himself in his own power."

WEEKLY REFLECTION

AM I MOVING TOWARDS MY GOALS?

Y / N

WHAT WENT RIGHT THIS WEEK?

WHAT OBSTACLES DID I FACE?

HOW WILL I OVERCOME MY OBSTACLES?

"A man's worth is no greater than the worth of his ambitions." Marucs Aurelius

CONGRATS you did it!

YOUR SIXTH MONTH REFLECTION

HEALTH

DID I ACCOMPLISH MY GOAL? Y / N	
TOP 3 THINGS THAT HELPED:	
1	
2	
3.	
WHAT PREVENTED ME FROM ACCOMPLISHING?	
1	
2.	
3.	
FINANCIAL	
DID I ACCOMPLISH MY GOAL? Y / N	
TOP 3 THINGS THAT HELPED:	
1	
2	
3.	
TOP 3 THINGS THAT PREVENTED:	
1	
2	
3	

YOUR SIXTH MONTH REFLECTION

PROFESSIONAL

DID I ACCOMPLISH MY GOAL?

TOP 3 THINGS THAT HELPED:

1.	
2.	
3.	
TOP 3 THINGS THAT HINDERED:	
1	
2.	

3.			
_			

"We reflect upon only that which we are about to do. And yet our plans for the future descend from the past."

Seneca

