

**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**



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: _____

*specific - measurable - achievable - realistic - timebound

BOOKS I WILL READ

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

DID I EXERCISE TODAY? Y / N

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 rabbits, catches no rabbits.”

Confucius

WHAT ARE THREE THINGS I'M GRATEFUL FOR?

- 1. _____
- 2. _____
- 3. _____

DID I EXERCISE TODAY? Y / N

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. _____

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

Epictetus

WHAT ARE THREE THINGS I'M GRATEFUL FOR?

- 1. _____
- 2. _____
- 3. _____

DID I EXERCISE TODAY? Y / N

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 impediment to action advances action. What stands in the way becomes the way.”

Marcus Aurelius

WHAT ARE THREE THINGS I'M GRATEFUL FOR?

- 1. _____
- 2. _____
- 3. _____

DID I EXERCISE TODAY? Y / N

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. _____

“How you do anything is how you do everything.”

Unknown

WHAT ARE THREE THINGS I'M GRATEFUL FOR?

- 1. _____
- 2. _____
- 3. _____

DID I EXERCISE TODAY? Y / N

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. _____

“We don’t rise to the level of our expectations, we fall to the level of our training.”

Archilochos

WHAT ARE THREE THINGS I'M GRATEFUL FOR?

- 1. _____
- 2. _____
- 3. _____

DID I EXERCISE TODAY? Y / N

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 distance between your dreams and reality is called action.”

Unknown

WHAT ARE THREE THINGS I'M GRATEFUL FOR?

- 1. _____
- 2. _____
- 3. _____

DID I EXERCISE TODAY? Y / N

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. _____

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

Seneca

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

