

1,000,000

THE MILLION
DOLLAR JOURNAL

LEARN HOW TO WIN BY 8AM

KYLE ONSTOTT



PURPOSE



The Million Dollar Journal was created for entrepreneurs, business owners, sales professionals, & the average person who is trying to better their life daily. With you & your goals in mind this simple yet powerful journal will help you grow each day: mentally, physical, emotionally, spiritually, financially, & relationally. By waking up early and starting your day off right you are walking in the shoes of the top 1%. The tools in this journal have been created and combined from the routines of the most elite business professionals, public figures, & athletes out there. If you follow this guide step by step, & day by day, amazing breakthroughs will begin to happen, and new doors of opportunity will open.

The goal of the Million Dollar Journal is to create a system and process to follow each day. This will not only help hold you accountable, but it will also give you the road map necessary to crush your day and your goals. You will be guided step by step through the process of re-creating your personal blueprints to align directly with your personal goals. This simple yet powerful exercise will change the trajectory of your life forever.

One of the most powerful weapons in life is when your soul is on fire with a burning desire. We were all created by God with a burning desire to do, create, learn, & grow. Just as interactions with individuals spark a flame deep within our soul, it is the fire that brings light to the coals. This journal will give you the fire you need every single day to crush your goals.

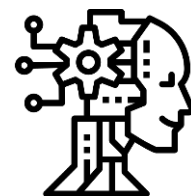
Zig Ziglar once said, “people say that motivation doesn’t last. Well, neither does bathing, that’s why we recommend it daily.”

It’s easy to listen to a quick motivational video and get fired up, but to keep that flame ignited & those coals burning you must apply these daily ingredients located in the journal. Once you can create a habit of this, that’s when you will truly see results. Creating any lasting routine/habit requires determination, discipline, & massive action.

So, when you get that flame burning, that fire going inside of you, remember you are a force to be reckoned with. Remember to consume the fuel through positive people, personal development, & discipline. Most importantly remember to take massive action immediately.

Through this daily planner & journal, you will not only have the tools and resources to get you from where you are now, to where you want to be, but you will also have the accountability and be able to utilize this as a resource for further coaching and development. In order to get the most value out of this, you must use it daily! This planner will help you with mindset, re-shifting your focus, removing distractions, & becoming the most efficient and productive professional possible.

For this to work, we need to re-boot & reprogram your blueprints like a human computer.

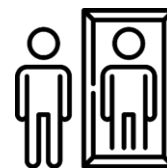


A high-contrast, black and white photograph of a sky filled with dramatic, swirling clouds. The clouds are dark and textured, creating a sense of depth and movement. The overall tone is moody and inspiring.

PUSH
EXPAND
OVERCOME



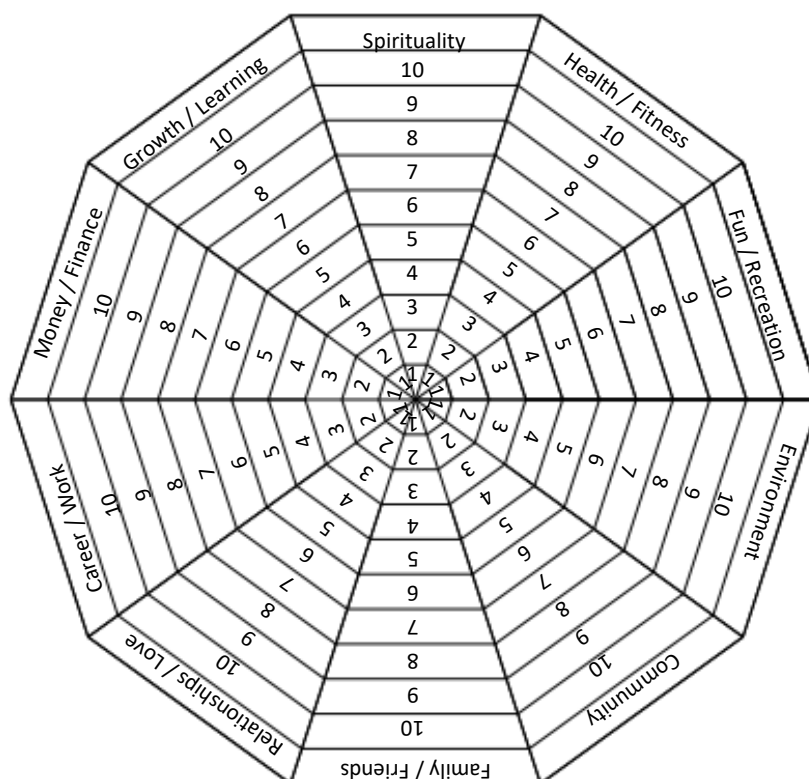
SELF REFLECTION



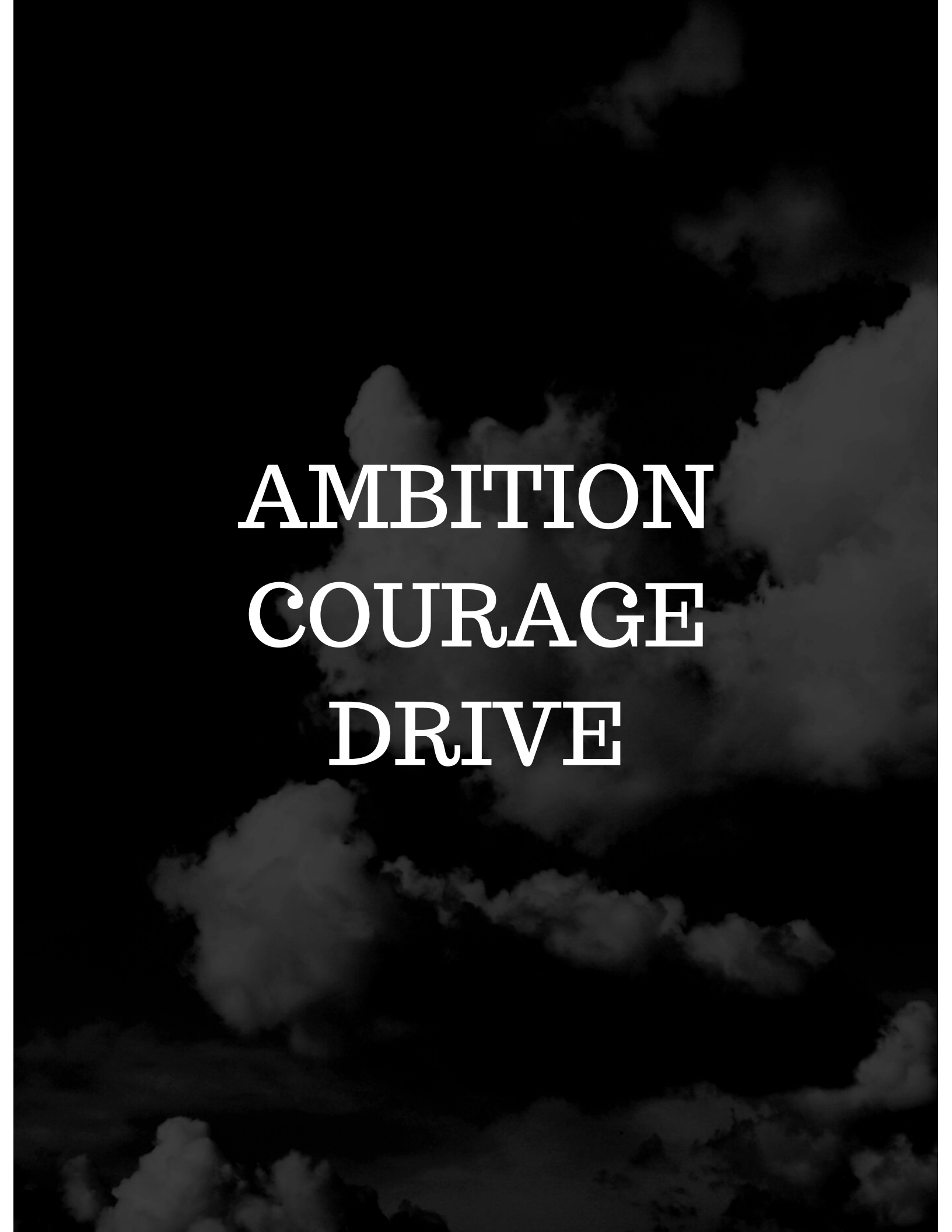
The Wheel of Life

Rate yourself on a scale of 1-10 in your current position.

Then below take a moment to self-reflect and create a plan to get from where you are to where you want to be.



Category	What is your ideal # in the next 3 months?	What do you need to do to achieve this?
Growth & Learning		
Spirituality		
Money & Finance		
Career & Work		
Health & Fitness		
Fun & Recreation		
Environment		
Community		
Family & Friends		
Relationships & Love		

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AMBITION
COURAGE
DRIVE



Building Your Foundation



Personal Creed- A personal creed is a system of principals and beliefs of one's self. Your creed is the ethical standards you hold yourself to.

Ex. I am a unique spiritual being made in the image of God. My purpose is to grow and make those around me better spiritually, mentally, physically, financially, & emotionally. I am more than I appear to be. I love, give, serve, and help others in all situations possible.



Write down your personal creed -

Daily Declaration- This is what your goal for the day, week, month or year is. The purpose of this is to help you re-shift your focus when you get distracted, lazy, or unmotivated to take massive action through the day.

Example: By June 1st, 2020 I will have made \$300,000. In return for this money I will give the most efficient service of which I am capable, rendering the fullest possible quantity, and the best possible quality of service in the capacity of (car sales, real estate, Software sales, Roofing, etc.). I believe that I will have this money in my possession. My faith is so strong that I can see it before my eyes, and I can feel it with my hands. Nothing can stop me.



Write down your Daily Declaration:

Short term goals- Short term goals are created for the here and now. Within the week, month, or year.

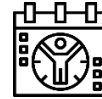
Example: I want to buy a white Tesla, take a vacation to Tahiti, sell 1 million dollars' worth of services, go on a mission, etc.



Write down your short-term goals:

Long term goals- Long term goals are created for what you want out of life. It can be 1 year, 5 years, or 20 years. Whatever your long-term goals are and when you would like to achieve them is critical to write down.

Example: I want to become a speaker providing business & sales coaching, open an orphanage and homeless shelter overseas (Africa), Plant a church in the Maldives, own 20 rental properties worldwide, Live in a beach house in Encinitas, give my family financial freedom to buy what they want when they want, & live on my terms.



Write down your long-term goals:

Golden Goal: Your golden goal is the goal that once achieved will have also allowed you to achieve all other goals.

Example: Sell 1 million dollars in services. (This will allow me to buy the tesla, take the vacation, and go on a mission)



Write down your golden goal:

Your “Why”: Why do you wake up in the morning? Why do you get out of bed? Why do you do what you do? Why is that important to you? Why? Why? Why? DIG DEEP on this... Ask yourself why as many times as possible.

Example: My why is to be the best me I can possibly be: spiritually, mentally, physically, financially, emotionally, & relationally for my family as well as myself. Why? I was created with a purpose to use my gifts; I am here to give, love, and serve others so that I may leave a LEGACY. Why? So I can have a positive impact on other’s lives and live out my purpose. Why? Why? Why? You get the point. Keep going.



Write down your why:

“Discontent, blaming, complaining, self-pity cannot serve as a foundation for a good future, no matter how much effort you make.” – Eckhart Tolle

The background of the image is a dark, monochromatic photograph of a sky filled with heavy, swirling clouds. The clouds are rendered in various shades of dark gray and black, creating a sense of depth and movement. The overall mood is dramatic and intense.

ZEAL DETERMINATION INNOVATION



Short Term Goals

Short term goals are created for the here and now. Within the week, month, or year.

Example: I want to buy a white Tesla, take a vacation to Tahiti, sell 1 million dollars' worth of services, go on a mission, etc. Be time (by a certain date) specific.

Goal 1:

Reward:

Consequence:

Goal 4:

Reward:

Consequence:

Goal 3:

Reward:

Consequence:

Goal 4:

Reward:

Consequence:

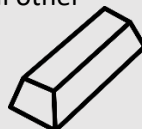
Goal 5:

Reward:

Consequence:

Golden Goal

Your golden goal is the goal that once achieved will have also allowed you to achieve all other short term goals.



Golden Goal:

Reward:

Consequence:



Long Term Goals

Long term goals are created for what you want out of life. It can be 1 year, 5 years, or 20 years.

Whatever your long-term goals are and when you would like to achieve them is critical to write down daily. This exercise will keep you focused and motivated.

Goal:

Reward:

Consequence:

Goal:

Reward:

Consequence:

Goal:

Reward:

Consequence:

Goal:

Reward:

Consequence:

Goal:

Reward:

Consequence:

Golden Goal

Your golden goal is the goal that once achieved will have also allowed you to achieve all other long term goals.



Golden Goal:

Reward:

Consequence:



REAP
GROW
SOW



BELIEF SYSTEM



Your belief system is one of the key components of why you do/don't do certain things. They can either bring you closer to your goals or further away. In this exercise, you will write out your current self-limiting beliefs & replace them with self-fulfilling beliefs.

Current Self-limiting beliefs:

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

New self-fulfilling beliefs:

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

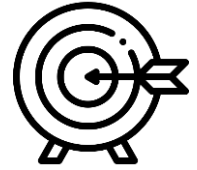
"Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination and dedication. Remember all things are possible for those who believe." – Gail Devers

A dark, moody background featuring a sky filled with textured, greyish clouds. The clouds are scattered and vary in density, creating a sense of depth and atmosphere. The overall tone is dark and atmospheric.

LEARN
IMPROVE
INSPIRE



VISUALIZATIONS



Describe in detail the present moment of you achieving your goal.

Take time each day to visualize yourself in these moments!

What are you doing? What do you see? What color is it? How big? Are you alone or with someone? How are you celebrating?

Short Term Goals:

Goal 1

Goal 2

Goal 3

Goal 4

Goal 5

Long Term Goals:

Goal 1

Goal 2

Goal 3

Goal 4

Goal 5

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CHALLENGE
COMMIT
CONFIDENCE

CORE VALUES & PRINCIPLES

Your values are the things that you believe are important in the way you live and work. They ultimately determine your priorities and used as a measurement to determine the course your life is headed. Essentially it is a code of ethics, commitments, and convictions stemming from your heart and involving what you put your faith into.

Your Principles are the fundamental component of your values. Essentially it is the action or verb that describes what your values really mean to you.

Examples:



Value: Love

Principle: I show affection & speak through my heart to others

Value: Faith

Principle: I trust that all things work out for the greater good.



Take a moment to write down your 5 key core values & principles.

VALUES

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

PRINCIPLES

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

“A highly-developed value system is like a compass. It serves as a guide to point you in the right direction when you are lost.” – Idowu Koyenikan



EXPLORE
DREAM
DISCOVER

PERSONAL COMMITMENT

A personal commitment creates exclusive accountability. It starts with you! This powerful pledge allows you to stay focused on your target while committed to yourself & achieving your goals. People who are committed have strong self-esteem, discipline & are well balanced. Make your commitment below.

I, _____, am committed to achieving the goals written here in The Million Dollar Journal. I will put in the hard work, energy, effort, discipline, & take the massive action necessary- every single day.

Signed _____ Date _____



Feeling motivated & excited to start taking massive action? Take a look at the welcome video that walks you step by step on how to utilize The Million Dollar Journal.

"It was character that got us out of bed, commitment that moved us into action, and discipline that enabled us to follow through." – Zig Ziglar

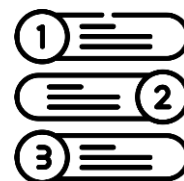
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WIN
DOMINATE
DESTROY

HOW TO USE THE MILLION DOLLAR JOURNAL



1. Wake up – Grab Journal
2. Read your mission statement
3. Drink 12 oz. water
4. Breathe
5. Prayer/Meditation
6. Motivational video/Audiobook
7. Exercise
8. Personal Creed
9. Daily Declaration
10. Visualizations
11. Read/Study (Bible/growth book)
12. Power 5 (Grateful, short term, long term, golden)
13. Verse/Quote of the day
14. Urgent tasks / Eat that frog
15. Plan
16. Schedule
17. To-Do
18. Top 3 things you want to learn/practice
19. Check in on Facebook, IG, & LinkedIn (Accountability)
20. Nightly self-reflection

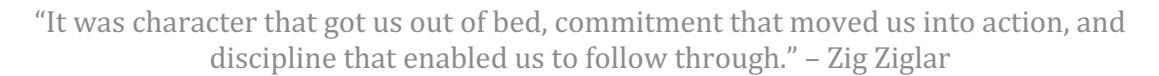


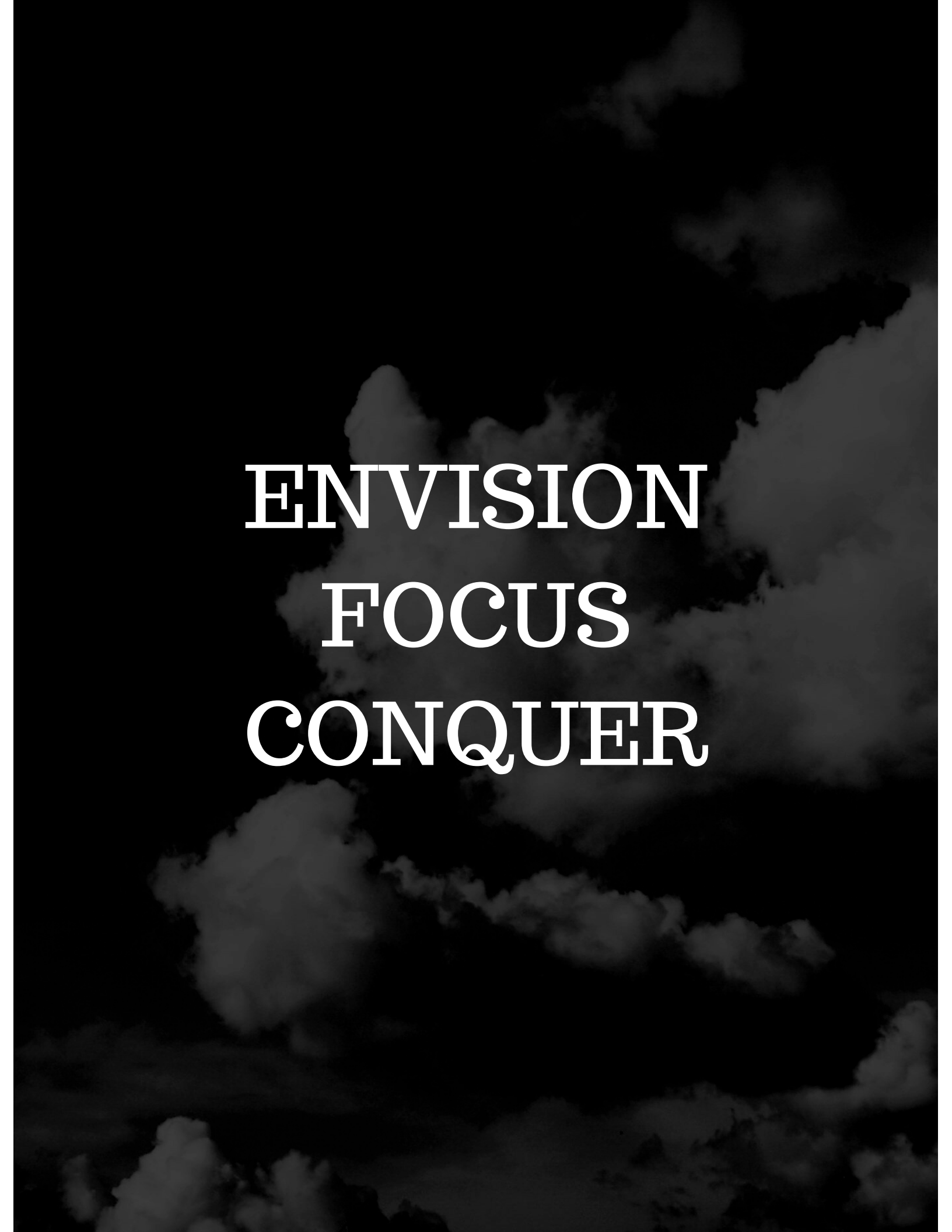
1. Grab your journal & read your “why” & “declaration.” Push your limits- **#NO SNOOZE**
2. Read your mission statement, this will help you focus and get motivated to **#GETOUTOFBED**
3. 12 oz. of water gets your metabolism going, the body is made up of 75% water- **#STAYHYDRATED**
4. Breathing allows your body to pump oxygen into the blood. Utilize a **#BREATHINGTECHNIQUE**
5. Prayer/Meditation allows you to focus & stimulate your mind. **#COLLECTYOURTHOUGHTS**
6. Check out Tony Robbins, Jim Rohn, & Zig Ziglar for some great **#MOTIVATIONALVIDEOS**
7. Health equals longevity, longevity equals wealth. Maintain your health through **#EXERCISE**
8. Your personal creed helps you stay in tune with who you are and what you stand for. **#MORALS**
9. Daily declarations help you re-shift & refocus your thoughts throughout the day. **#DECLAREIT**
10. Visualizing your goals & dreams make them more realistic and more easily achievable. **#VISUALIZE**
11. Reading stimulates the mind, studying helps you grow and develop. **#EDUCATIONISKEY**
12. Having your goals & creating a road map helps you stay focused, determined, & inline. **#GOALS**
13. Find a verse or quote of the day to help you learn & grow in verbiage and wisdom. **#VOCABULARY**
14. Tackle your largest most important tasks first thing in the morning. **#URGENTALERT**
15. Make a plan for the day and execute – **#PLANPLANPLAN & #EXECUTEEXECUTEEXECUTE**
16. Break down your schedule to stay on track to achieving your goals. **#SCHEDULES = #EFFICIENCY**
17. Build your to do list and strategically number it based off most important to least urgent. **#TODO**
18. List 3 things you want to learn or practice and set time aside to invest in it. **#LEARN&GROWDAILY**
19. Check in on our Facebook group, & post a picture of your completed journal daily on social media, this will help hold you accountable and keep you in the inner circle. **#10XSALESRESULTS**
20. Go through the 3-step evening self-reflection exercise every night. **#SELFREFLECTION**

The background of the image is a dark, high-contrast photograph of a sky filled with heavy, swirling clouds. The clouds are rendered in various shades of dark gray and black, creating a sense of depth and movement. The overall mood is dramatic and intense.

GOALS
IMAGINATION
MOTIVATION

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



A dark, moody background featuring a sky filled with heavy, dark clouds. The clouds are rendered in various shades of gray, creating a textured and atmospheric effect. The overall tone is somber and dramatic.

ENVISION
FOCUS
CONQUER

MONTHLY CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT

“Time is important, but what you do with that time is critical. The seconds, minutes, hours, days, months, and years must become prioritized according to your priorities” –
Kyle Onstott

WEEKLY CALENDAR

[illegible][illegible]

"Time is money." – Benjamin Franklin

WEEKLY CALENDAR

[illegible]

“Make sure you understand when you are most effective and then schedule your most important tasks within that time of the day. - Sunday Adelaja

Date_____

☐ Water☐ Breathing☐ Pray/Meditate☐ Visualize☐ Exercise☐ Plan☐ Study

Personal Creed / Daily Declaration

Top 3 Urgent tasks

1. _____

2. _____

3. _____

Top 3 things you want to learn/practice

1. _____

2. _____

3. _____

Key take away from motivational video or book

Verse/Quote of the day

Today's Schedule	To-Do	Gratitude:
5AM _____	_____	1 _____
6AM _____	_____	2 _____
7AM _____	_____	3 _____
8AM _____	_____	4 _____
9AM _____	_____	5 _____
10AM _____	_____	Short Term Goals:
11PM _____	_____	1 _____
12PM _____	_____	2 _____
1PM _____	_____	3 _____
2PM _____	_____	4 _____
3PM _____	_____	5 _____
4PM _____	_____	Long Term Goals:
5PM _____	_____	1 _____
6PM _____	_____	2 _____
7PM _____	_____	3 _____
8PM _____	_____	4 _____
9PM _____	_____	Golden Goal
10PM _____	_____	1. _____
11PM _____	_____	



NIGHTLY REFLECTIONS



We all want to be the best version of ourselves. This exercise will keep you focused, goal oriented, & give you time to self-reflect on the things that went well and areas you can improve/grow.

To be reflected on at night, every night

3 great things that happened today...

1. _____

2. _____

3. _____

3 things that could've made today better...

1. _____

2. _____

3. _____

3 new things I learned today...

1. _____

2. _____

3. _____

3 new things I want to learn tomorrow...

1. _____

2. _____

3. _____

3 things I'm grateful for...

1. _____

2. _____

3. _____

3 things I love about myself...

1. _____

2. _____

3. _____

Every morning when you wake up, take a look at yourself in the mirror and ask yourself
"What am I going to do to get better today?" – Kyle Onstott

Date_____

Personal Creed / Daily Declaration

Top 3 Urgent tasks

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2. _____

3. _____

Top 3 things you want to learn/practice

1. _____

2. _____

3. _____

Key take away from motivational video or book

Verse/Quote of the day

Today's Schedule	To-Do	Gratitude:
4AM_____	_____	1 _____
5AM_____	_____	2 _____
6AM_____	_____	3 _____
7AM_____	_____	4 _____
8AM_____	_____	5 _____
9AM_____	_____	Short Term Goals:
10AM_____	_____	1 _____
11PM_____	_____	2 _____
12PM_____	_____	3 _____
1PM_____	_____	4 _____
2PM_____	_____	5 _____
3PM_____	_____	Long Term Goals:
4PM_____	_____	1 _____
5PM_____	_____	2 _____
6PM_____	_____	3 _____
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Date_____	☐ _____	☐ _____	☐ _____	☐ _____	☐ _____	☐ _____	☐ _____
-----------	--------------------------------	--------------------------------	--------------------------------	--------------------------------	--------------------------------	--------------------------------	--------------------------------

Personal Creed / Daily Declaration _____ _____ _____ _____

Top 3 Urgent tasks 1. _____ 2. _____ 3. _____

Top 3 things you want to learn/practice 1. _____ 2. _____ 3. _____
--

Key take away from motivational video or book _____ _____ _____ _____ _____

Verse/Quote of the day _____ _____ _____ _____ _____
--

Today's Schedule	To-Do	Gratitude:
4AM _____	_____	1 _____
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1. _____

2. _____

3. _____

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1. _____

2. _____

3. _____

3 things I love about myself...

1. _____

2. _____

3. _____

**YOU'RE HERE BECAUSE YOU WANT TO WIN. YOU WANT TO BE THE BEST. YOU WANT
TO MAXIMIZE YOUR POTENTIAL & ACHIEVE YOUR GOALS**

– Kyle Onstott

Date_____

Personal Creed / Daily Declaration

Top 3 Urgent tasks

1.

2.

3.

Top 3 things you want to learn/practice

1.

2.

3.

Key take away from motivational video or book

Verse/Quote of the day

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7AM_____	_____	<u>4</u> _____
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11PM_____	_____	<u>2</u> _____
12PM_____	_____	<u>3</u> _____
1PM_____	_____	<u>4</u> _____
2PM_____	_____	<u>5</u> _____
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2. _____

3. _____

Breaking your goals down into a step-by-step road map is critical to moving in the right direction. – Kyle Onstott

Date_____

Personal Creed / Daily Declaration

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2PM _____	_____	<u>5</u> _____
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6PM _____	_____	<u>3</u> _____
7PM _____	_____	<u>4</u> _____
8PM _____	_____	<u>5</u> _____
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2. _____
3. _____

3 things I'm grateful for...

1. _____
2. _____
3. _____

3 things I love about myself...

1. _____
2. _____
3. _____

Having your goals in front of you on a consistent basis helps you when you are not motivated, gives you the drive to work the extra hours when you are tired, and ultimately helps you stay focused. – Kyle Onstott

Date_____

Personal Creed / Daily Declaration

Top 3 Urgent tasks

1.

2.

3.

Top 3 things you want to learn/practice

1.

2.

3.

Key take away from motivational video or book

Verse/Quote of the day

Today's Schedule	To-Do	Gratitude:
4AM_____	_____	<u>1</u> _____
5AM_____	_____	<u>2</u> _____
6AM_____	_____	<u>3</u> _____
7AM_____	_____	<u>4</u> _____
8AM_____	_____	<u>5</u> _____
9AM_____	_____	Short Term Goals:
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NIGHTLY REFLECTIONS



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2. _____
3. _____

3 things that could've made today better...

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2. _____
3. _____

3 new things I learned today...

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2. _____
3. _____

3 new things I want to learn tomorrow...

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2. _____
3. _____

3 things I'm grateful for...

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3 things I love about myself...

1. _____
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When you create a routine, you are able to expend less energy. This allows you to spend more energy on revenue generating activities. – Kyle Onstott

Date_____

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Personal Creed / Daily Declaration

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Science says that the first decisions you make in the morning have a direct impact on the remaining decisions throughout your day. Create a new routine, create better habits. Change your mind, change your life! – Kyle Onstott

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Learning to overcome obstacles not only helps us become more versatile but gives us experience that flows into many other areas of our lives. – Kyle Onstott

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3. _____

Faith is the key to ultimate success. Faith gives you confidence to overcome your worries, trials, & obstacles. – Kyle Onstott

Date_____

Personal Creed / Daily Declaration

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1. _____
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3 things I love about myself...

1. _____
2. _____
3. _____

So today & everyday... let your faith be bigger than your fears. When fear knocks on your door, let faith answer. – Kyle Onstott

Date_____

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Personal Creed / Daily Declaration

Top 3 Urgent tasks

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Key take away from motivational video or book

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2. _____

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3 things I'm grateful for...

1. _____

2. _____

3. _____

3 things I love about myself...

1. _____

2. _____

3. _____

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward." – Martin Luther King

Date_____

Personal Creed / Daily Declaration

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1.

2.

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1.

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3 new things I want to learn tomorrow...

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2. _____
3. _____

3 things I'm grateful for...

1. _____
2. _____
3. _____

3 things I love about myself...

1. _____
2. _____
3. _____

It's better to take a small step forward rather than no step at all. At the end of the day, you are either moving forward or backward, there is no in between. – Kyle Onstott

Date_____

Personal Creed / Daily Declaration

Top 3 Urgent tasks

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Nurture the strength inside you, dig deep into your why, find the power God created within you & let it ignite the fire the forces you to take massive action. – Kyle Onstott

Date_____

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Personal Creed / Daily Declaration

Top 3 Urgent tasks

1.

2.

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Key take away from motivational video or book

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Your failures and successes don't matter what matters is that you learn & keep moving forward. – Kyle Onstott

Date_____

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3. _____

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1. _____

2. _____

3. _____

You have two choices in life: either embrace discipline or accept defeat.

– Kyle Onstott

Date_____

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Success is measured by the level of self-discipline you have & how often you exercise it.
The gap between wishing and accomplishing is discipline. – Kyle Onstott

Date_____

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Personal Creed / Daily Declaration

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Just like in fitness you must continually practice constant discipline prior to seeing results. The same rule applies to business. – Kyle Onstott

Date_____

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Personal Creed / Daily Declaration

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Discipline will help you master & conquer yourself. It ultimately determined whether your dreams live or die. – Kyle Onstott

Date_____

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7AM_____	_____	4 _____
8AM_____	_____	5 _____
9AM_____	_____	Short Term Goals:
10AM_____	_____	1 _____
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NIGHTLY REFLECTIONS



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1. _____

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3 things that could've made today better...

1. _____

2. _____

3. _____

3 new things I learned today...

1. _____

2. _____

3. _____

3 new things I want to learn tomorrow...

1. _____

2. _____

3. _____

3 things I'm grateful for...

1. _____

2. _____

3. _____

3 things I love about myself...

1. _____

2. _____

3. _____

Another day to grow. Grow into the man/woman you desire to become. Become you, you've always desire to be. Be the best version of you. You can, you will, you must...

– Kyle Onstott

Date_____

Personal Creed / Daily Declaration

Top 3 Urgent tasks

1. _____

2. _____

3. _____

Top 3 things you want to learn/practice

1. _____

2. _____

3. _____

Key take away from motivational video or book

Verse/Quote of the day

Today's Schedule	To-Do	Gratitude:
4AM_____	_____	1 _____
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2. _____
3. _____

3 things I love about myself...

1. _____
2. _____
3. _____

lead life, no regrets, don't take things for granted, be kind, spread love, bring joy, take control over your life, don't procrastinate, take massive action, go for it now, live today as if it is your last, & most importantly use your time wisely – Kyle Onstott

Date_____

Personal Creed / Daily Declaration

Top 3 Urgent tasks

1.

2.

3.

Top 3 things you want to learn/practice

1.

2.

3.

Key take away from motivational video or book

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3 things I'm grateful for...

1. _____

2. _____

3. _____

3 things I love about myself...

1. _____

2. _____

3. _____

"You get in life whatever you have the courage to ask for" - unknown.

Date_____

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Personal Creed / Daily Declaration

Top 3 Urgent tasks

1. _____

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2. _____

3. _____

3 things I'm grateful for...

1. _____

2. _____

3. _____

3 things I love about myself...

1. _____

2. _____

3. _____

Read that book, go to that seminar, take that online course, study that program. Whatever you do, just make sure you are taking time to grow & develop daily so you can beat the yesterday version of yourself. Always be growing. – Kyle Onstott

Date_____

Personal Creed / Daily Declaration

Top 3 Urgent tasks

1.

2.

3.

Top 3 things you want to learn/practice

1.

2.

3.

Key take away from motivational video or book

Verse/Quote of the day

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2. _____
3. _____

3 things I'm grateful for...

1. _____
2. _____
3. _____

3 things I love about myself...

1. _____
2. _____
3. _____

Take time each morning to use your imagination and envision what your future looks like. Put yourself in the moment and act as if you've already received it. Our minds are powerful yet easily manipulated. The more you tell yourself and see yourself with the goal in hand the closer you become to achieving it.

– Kyle Onstott

Date_____

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Personal Creed / Daily Declaration

Top 3 Urgent tasks

1. _____

2. _____

3. _____

Top 3 things you want to learn/practice

1. _____

2. _____

3. _____

Key take away from motivational video or book

Verse/Quote of the day

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3. _____

3 new things I want to learn tomorrow...

1. _____

2. _____

3. _____

3 things I'm grateful for...

1. _____

2. _____

3. _____

3 things I love about myself...

1. _____

2. _____

3. _____

Remember... imagination means nothing without action. So, choose today to take massive action & kickstart your imagination back into gear. Now go imagine a life with no limits & make those dreams a reality. – Kyle Onstott

Date_____

Personal Creed / Daily Declaration

Top 3 Urgent tasks

1. _____

2. _____

3. _____

Top 3 things you want to learn/practice

1. _____

2. _____

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Key take away from motivational video or book

Verse/Quote of the day

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2. _____

3. _____

3 things I'm grateful for...

1. _____

2. _____

3. _____

3 things I love about myself...

1. _____

2. _____

3. _____

You were born to win.... but to do so you must plan to win, prepare to win, & expect to win. “- Zig Ziglar

Date_____

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Personal Creed / Daily Declaration

Top 3 Urgent tasks

1. _____

2. _____

3. _____

Top 3 things you want to learn/practice

1. _____

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Key take away from motivational video or book

Verse/Quote of the day

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3 new things I want to learn tomorrow...

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2. _____

3. _____

3 things I'm grateful for...

1. _____

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3. _____

3 things I love about myself...

1. _____

2. _____

3. _____

Who are you? What do you want out of life? When do you want it by? Where do you want to achieve it? Why do you want to achieve it? How will you achieve it?

If you want to grow, self-reflect and study daily. – Kyle Onstott

Date_____

Personal Creed / Daily Declaration

Top 3 Urgent tasks

1. _____

2. _____

3. _____

Top 3 things you want to learn/practice

1. _____

2. _____

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Key take away from motivational video or book

Verse/Quote of the day

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3 things I love about myself...

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3. _____

The definition of intentional is deliberate or on purpose. Essentially to live intentionally means to consciously make an effort to live according to your values & beliefs.

– Kyle Onstott

Date_____

Personal Creed / Daily Declaration

Top 3 Urgent tasks

1. _____

2. _____

3. _____

Top 3 things you want to learn/practice

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2. _____

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3. _____

3 new things I want to learn tomorrow...

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2. _____

3. _____

3 things I'm grateful for...

1. _____

2. _____

3. _____

3 things I love about myself...

1. _____

2. _____

3. _____

How we spend our days is how we spend our lives.

– Kyle Onstott

Date_____

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Personal Creed / Daily Declaration

Top 3 Urgent tasks

1 . _____

2 . _____

3 . _____

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1 . _____

2 . _____

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Key take away from motivational video or book

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The truth is we don't have plenty of time. We have an extremely limited amount of time. So, my question to you is what are you doing with your time and who are you giving it to? It's important you don't have the mindset of "spending" time, but rather "investing" time. – Kyle Onstott

Date_____

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Personal Creed / Daily Declaration

Top 3 Urgent tasks

1. _____

2. _____

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1. _____

2. _____

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3 things I love about myself...

1. _____

2. _____

3. _____

Are you investing your time in a positive environment with encouraging people? Are you investing your time in hard work & giving it your all? – Kyle Onstott

Date_____

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Personal Creed / Daily Declaration

Top 3 Urgent tasks

1. _____

2. _____

3. _____

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1. _____

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Today I challenge you to use your time investing in things that are positive & reinforcing.

Study a book or a course that will help you grow, mend your broken relationships,
Spend time with your loved ones, & Do something that makes you happy & brings you
joy. – Kyle Onstott

Date_____

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Personal Creed / Daily Declaration

Top 3 Urgent tasks

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2. _____

3. _____

Top 3 things you want to learn/practice

1. _____

2. _____

3. _____

Key take away from motivational video or book

Verse/Quote of the day

Today's Schedule	To-Do	Gratitude:
4AM_____	_____	1 _____
5AM_____	_____	2 _____
6AM_____	_____	3 _____
7AM_____	_____	4 _____
8AM_____	_____	5 _____
9AM_____	_____	Short Term Goals:
10AM_____	_____	1 _____
11PM_____	_____	2 _____
12PM_____	_____	3 _____
1PM_____	_____	4 _____
2PM_____	_____	5 _____
3PM_____	_____	Long Term Goals:
4PM_____	_____	1 _____
5PM_____	_____	2 _____
6PM_____	_____	3 _____
7PM_____	_____	4 _____
8PM_____	_____	5 _____
9PM_____	_____	Golden Goal
10PM_____	_____	1. _____
11PM_____	_____	



NIGHTLY REFLECTIONS



We all want to be the best version of ourselves. This exercise will keep you focused, goal oriented, & give you time to self-reflect on the things that went well and areas you can improve/grow.

To be reflected on at night, every night

3 great things that happened today...

1. _____
2. _____
3. _____

3 things that could've made today better...

1. _____
2. _____
3. _____

3 new things I learned today...

1. _____
2. _____
3. _____

3 new things I want to learn tomorrow...

1. _____
2. _____
3. _____

3 things I'm grateful for...

1. _____
2. _____
3. _____

3 things I love about myself...

1. _____
2. _____
3. _____

Stop negotiating with your mind and build the discipline it takes to speak & immediately take action- that is true will power. – Kyle Onstott

Date_____

☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____
☐ _____

Personal Creed / Daily Declaration

Top 3 Urgent tasks

1. _____

2. _____

3. _____

Top 3 things you want to learn/practice

1. _____

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Key take away from motivational video or book

Verse/Quote of the day

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3. _____

3 things I love about myself...

1. _____
2. _____
3. _____

Zeal is a burning desire to do, accomplish, please, & succeed. This desire runs so deep within your soul you will do anything it takes to achieve the end goal.

– Kyle Onstott

Date_____

☐

☐

☐

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☐

Personal Creed / Daily Declaration

Top 3 Urgent tasks

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3. _____

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3 things I love about myself...

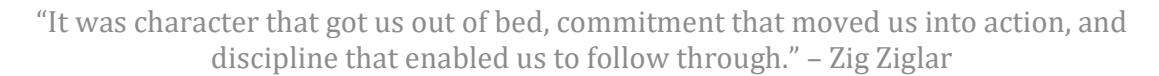
1. _____

2. _____

3. _____

So today and every day, every week, every month, & every year I challenge you to be your own hero- the 10-year older version of yourself.

– Kyle Onstott

[illegible]

This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal grey lines across its entire surface, typical of notebook or school paper. There are no margins, text, or other markings present.

