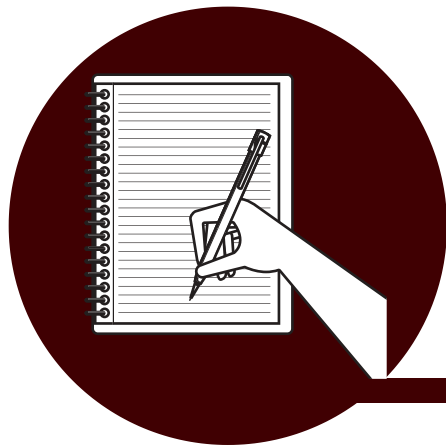


Location: _____

Date: _____

Mood: _____

Day: _____



SCREENREADER JOURNAL

THIS IS YOUR MAP

Creating next-level characters. Creating a next-level life.

DAILY DOZEN

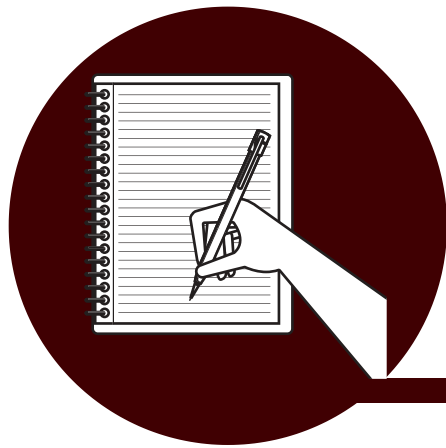
1. Name three NEW things to be grateful for.
2. Journal a positive experience from the previous day.
3. Identify who is moving me forward and reflect if I was right the previous day.
4. Remind myself to release the need to...
5. Determine whom I will contact with my email/text.
6. List an accomplishment from the previous day. Commend yourself.
7. What am I certain of? What will I manifest next?
8. When will I meditate today and when will I exercise?
9. What is your mirror mantra for the day? End with "I love you. You are amazing.
10. Say hello to someone who has come before me.
11. Repeat the seven points from Louise Hay and work Brooke Castillo's model.
12. Say a prayer/Set an intention.

Location: _____

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LOUISE HAY

1. We are each responsible for our own experience.
2. Every thought we think determines our future.
3. We are all dealing with the damaging patterns of guilt, resentment, self-hatred and criticism.
4. These are only thoughts and thoughts can be changed.
5. We must release the past and forgive everyone including ourselves.
6. Self acceptance and self approval are the keys to positive change.
7. The point of power is always in the present moment.

THE MODEL

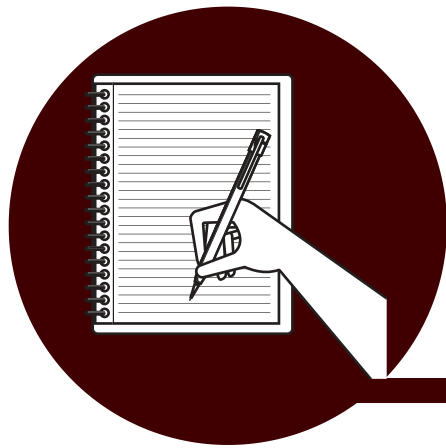
1. CIRCUMSTANCE
2. THOUGHT
3. FEELING
4. ACTION
5. RESULT

Location: _____

Date: _____

Mood: _____

Day: _____



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EISENHOWER'S BOX

Categorize your tasks:

1. URGENT AND IMPORTANT - They need to be done right away
2. URGENT NOT IMPORTANT - Is there someone else that can do these tasks?
3. IMPORTANT NOT URGENT - Put these on a schedule
4. NOT IMPORTANT NOT URGENT - Let it go

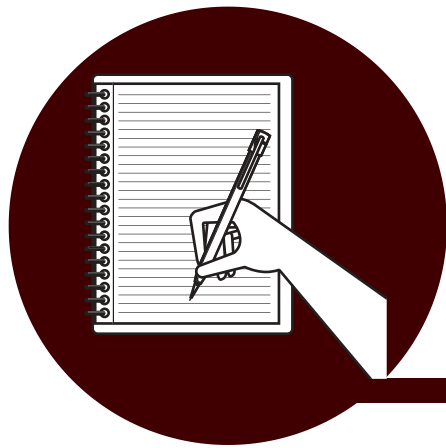
	URGENT	NOT URGENT
IMPORTANT	DO	DECIDE
NOT IMPORTANT	DELEGATE	DELETE

Location: _____

Date: _____

Mood: _____

Day: _____



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MAP OUT MONDAY

1. Write out your tasks.
2. Organize them into categories
3. Add them to your calendar
4. Throw away/Delete the task list
5. Schedule "create" time, breaks and playtime
6. Honor yourself by focusing on your calendar

SAMPLE CATEGORIES

1. PERSONAL
2. CREATE
3. WRITE
4. HOLLYWOOD GATEKEEPERS
5. SCREENREADERS
6. FINISHED
7. PHILANTHROPY