

3 TO 1 - GPS PLANNER

THE THOUGHT ARCHITECT

From Thought To Reality

30-Day 3-to-1 Planner GPS: Goals, Plan, Success

This planner is designed to guide you through a structured process of reflection, growth, and goal achievement. It includes daily and weekly prompts, tasks, and reflections to help you stay focused and intentional.

Compass:

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Introduction

Welcome to the 30-Day 3-to-1 Planner! This tool follows the principles of GPS: Goals, Plan, Success, helping you define your objectives, plan your actions, and reflect on your progress. Each day and week is carefully structured to guide your journey.

Cut-Thru

- Find a quiet and comfortable place where you won't be disturbed.
- Take a few moments to relax your body and mind. You can do this by closing your eyes and taking a few deep, calming breaths.
- visualize the negative experience or emotion you want to address. Imagine it as a film or video playing in your mind.
- As the negative experience plays like a movie, cut or remove the negative imagery from the film. you could be a pair of scissors, a delete button, or any other symbol of removal.
- Mentally and visually, cut or remove the negative images from the film. Imagine them being physically taken out of the movie and disappearing.
- After removing the negative images, replace them with positive or neutral imagery. This could be scenes of happiness, calm, or whatever makes you feel better.
- As you complete the exercise, notice how you feel. You should experience a sense of relief and a shift in your emotional state.
- take a few more deep breaths and allow yourself to return to the present moment with a sense of calm.

Letting go doesn't mean that you don't care.
It's just realizing that the only person you really have
control over is yourself

The Best Possible Self

- Close your eyes and imagine your life in the future, where everything has gone as well as it possibly could.
- Vividly describe yourself.

What does your best possible self look like?

Show them, don't tell them.
Your actions must always be more poetic than your words.

Vision Board

Relationships

Goals/Career

--	--

Health

Love

Hobbies

--	--	--

Faith

Knowledge/Wisdom

--	--

Principles & Tools

--

**It's not what you look at that matters,
it's what you see**



Are you enjoying the blessings in your life?

Are you focused on the big picture, the broader canvas
that can be explored and filled with magnificent
possibilities for change and growth?

Or are you focused on the little distractions and the tiny
dark spots?

Who's in your club?

In 1764, a small group of artists, writers, and philosophers formed "The Club." They met once every other week at various places around London.

Samuel Johnson was there. James Boswell was there. Edmund Burke, Edward Gibbon, and Adam Smith were there too.

For years, the group met. They argued with each other. They teased each other. They critiqued each others' work. They competed with each other. They supported each other. They opened doors for each other.

"He that wrestled with us strengthens our nerves and sharpens our skill,"
Echoing Marcus Aurelius. "Our antagonist is our helper."

The question for you is:
Who is in your club?
Where do you go to learn,
to exchange ideas,
to inspire and be inspired?

Clarity

Pay Attention,
To What You
Pay Attention To

Success Habits

Top Three Priorities

--

My Habits

Benefits to me

--	--

Top Three Stressors

Habits To Start & Habits I will change

--	--

You Received an A

Why an A now before completion?

1- positive expectation: You are capable of achieving the highest level of performance

2- Empowerment: Boosting confidence and motivation.

3- Shift in mindset: Promoting intrinsic motivation, where you are driven by their own desire to excel and understand.

4- Reduced Fear of Failure: You can be less afraid of making mistakes or taking risks on your journey while exploring greater creativity.

5- Long-term Impact: You can approach new challenges with confidence and a growth mindset.

You can achieve all
You are the impetus
And the only obstacle in the way

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.

Week 1: Compass for Success

Set your priorities and habits to guide the week ahead with intention.

- Top 3 priorities for the week:

1. _____

2. _____

3. _____

- Success habits to focus on daily:

1. _____

2. _____

3. _____

- Stressors to address and strategies:

1. _____

2. _____

3. _____

Day 1:

"Thought is the only reality; conditions are but the outward manifestations."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

- Rewrite limiting beliefs into empowering narratives.

Memento Mori

- Reflect on the finite nature of life.
- Identify one meaningful action for the day.

Identity and Principles

- Reflect on how your values showed up today.
- Plan how to honor a principle more fully tomorrow.

Best Self

- Visualize and describe your best self.

- List three actions to align with this vision.

Habit Tracker

- Habits I'm working on today:

Day 2:

"The world within is the cause; the world without is the effect."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

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Best Self

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Habit Tracker

- Habits I'm working on today:

Day 3:

"Power is contingent upon a proper use of the mind."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

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Identity and Principles

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 - Plan how to honor a principle more fully tomorrow.
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Best Self

- Visualize and describe your best self.
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-

- List three actions to align with this vision.
-
-
-

Habit Tracker

- Habits I'm working on today:
-
-
-

Day 4:

"We become what we think about most of the time."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

- Rewrite limiting beliefs into empowering narratives.

Memento Mori

- Reflect on the finite nature of life.
 - Identify one meaningful action for the day.
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Identity and Principles

- Reflect on how your values showed up today.
 - Plan how to honor a principle more fully tomorrow.
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-

Best Self

- Visualize and describe your best self.
-
-

- List three actions to align with this vision.
-
-
-

Habit Tracker

- Habits I'm working on today:
-
-
-

Day 5:

"When you begin to perceive that the essence of the Universal is within yourself, you will begin to do things."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

- Rewrite limiting beliefs into empowering narratives.

Memento Mori

- Reflect on the finite nature of life.
 - Identify one meaningful action for the day.
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Identity and Principles

- Reflect on how your values showed up today.
 - Plan how to honor a principle more fully tomorrow.
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Best Self

- Visualize and describe your best self.
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- List three actions to align with this vision.
-
-
-

Habit Tracker

- Habits I'm working on today:
-
-
-

Day 6:

"The world is a mirror, forever reflecting what you are doing within yourself."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

- Rewrite limiting beliefs into empowering narratives.

Memento Mori

- Reflect on the finite nature of life.
- Identify one meaningful action for the day.

Identity and Principles

- Reflect on how your values showed up today.
- Plan how to honor a principle more fully tomorrow.

Best Self

- Visualize and describe your best self.

- List three actions to align with this vision.

Habit Tracker

- Habits I'm working on today:

Day 7:

"Assume the feeling of your wish fulfilled, and watch the pathway unfold."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

- Rewrite limiting beliefs into empowering narratives.

Memento Mori

- Reflect on the finite nature of life.
- Identify one meaningful action for the day.

Identity and Principles

- Reflect on how your values showed up today.
- Plan how to honor a principle more fully tomorrow.

Best Self

- Visualize and describe your best self.

- List three actions to align with this vision.

Habit Tracker

- Habits I'm working on today:

Week 1 Reflections

Reflect on your week to celebrate successes and identify growth areas.

- Wins and successes of the week:

1. _____

2. _____

3. _____

- Challenges faced and lessons learned:

1. _____

2. _____

3. _____

- Moments of gratitude and steps for improvement:

1. _____

2. _____

3. _____

Week 2: Compass for Success

Set your priorities and habits to guide the week ahead with intention.

- Top 3 priorities for the week:

1. _____
2. _____
3. _____

- Success habits to focus on daily:

1. _____
2. _____
3. _____

- Stressors to address and strategies:

1. _____
2. _____
3. _____

Day 8:

"Change your conception of yourself, and you will automatically change the world in which you live."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

- Rewrite limiting beliefs into empowering narratives.

Memento Mori

- Reflect on the finite nature of life.
 - Identify one meaningful action for the day.
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Identity and Principles

- Reflect on how your values showed up today.
 - Plan how to honor a principle more fully tomorrow.
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Best Self

- Visualize and describe your best self.
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-

- List three actions to align with this vision.
-
-
-

Habit Tracker

- Habits I'm working on today:
-
-
-

Day 9:

"Nothing comes from without; all things come from within."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

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Memento Mori

- Reflect on the finite nature of life.
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Identity and Principles

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Best Self

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- List three actions to align with this vision.
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Habit Tracker

- Habits I'm working on today:
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Day 10:

"You are already that which you want to be, and your refusal to believe this is the only reason you do not see it."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

- Rewrite limiting beliefs into empowering narratives.

Memento Mori

- Reflect on the finite nature of life.
- Identify one meaningful action for the day.

Identity and Principles

- Reflect on how your values showed up today.
- Plan how to honor a principle more fully tomorrow.

Best Self

- Visualize and describe your best self.

- List three actions to align with this vision.

Habit Tracker

- Habits I'm working on today:

Day 11:

"A man is literally what he thinks, his character being the complete sum of all his thoughts."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

- Rewrite limiting beliefs into empowering narratives.

Memento Mori

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 - Identify one meaningful action for the day.
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Identity and Principles

- Reflect on how your values showed up today.
 - Plan how to honor a principle more fully tomorrow.
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Best Self

- Visualize and describe your best self.
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-
-

Habit Tracker

- Habits I'm working on today:
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Day 12:

"The outer conditions of a person's life will always be found to reflect their inner beliefs."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

- Rewrite limiting beliefs into empowering narratives.

Memento Mori

- Reflect on the finite nature of life.
- Identify one meaningful action for the day.

Identity and Principles

- Reflect on how your values showed up today.
- Plan how to honor a principle more fully tomorrow.

Best Self

- Visualize and describe your best self.

- List three actions to align with this vision.

Habit Tracker

- Habits I'm working on today:

Day 13:

"Men are anxious to improve their circumstances but are unwilling to improve themselves."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

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Memento Mori

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Identity and Principles

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 - Plan how to honor a principle more fully tomorrow.
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Best Self

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-

- List three actions to align with this vision.
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Habit Tracker

- Habits I'm working on today:
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Day 14:

"Dream lofty dreams, and as you dream, so shall you become."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

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Memento Mori

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Identity and Principles

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Habit Tracker

- Habits I'm working on today:
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-

Week 2 Reflections

Reflect on your week to celebrate successes and identify growth areas.

- Wins and successes of the week:

1. _____
2. _____
3. _____

- Challenges faced and lessons learned:

1. _____
2. _____
3. _____

- Moments of gratitude and steps for improvement:

1. _____
2. _____
3. _____

Week 3: Compass for Success

Set your priorities and habits to guide the week ahead with intention.

- Top 3 priorities for the week:

1. _____
2. _____
3. _____

- Success habits to focus on daily:

1. _____
2. _____
3. _____

- Stressors to address and strategies:

1. _____
2. _____
3. _____

Day 15:

"Self-control is strength; right thought is mastery; calmness is power."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

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Best Self

- Visualize and describe your best self.
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-
-
-

Habit Tracker

- Habits I'm working on today:
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-
-

Day 16:

"The key to every man's success lies in his mind."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

- Rewrite limiting beliefs into empowering narratives.

Memento Mori

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Best Self

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-

Habit Tracker

- Habits I'm working on today:
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-
-

Day 17:

"What you vividly imagine and ardently desire will eventually be yours."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

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Memento Mori

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Best Self

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- List three actions to align with this vision.
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Habit Tracker

- Habits I'm working on today:
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Day 18:

"Your mind is the center of divine operation."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

- Rewrite limiting beliefs into empowering narratives.

Memento Mori

- Reflect on the finite nature of life.
- Identify one meaningful action for the day.

Identity and Principles

- Reflect on how your values showed up today.
- Plan how to honor a principle more fully tomorrow.

Best Self

- Visualize and describe your best self.

- List three actions to align with this vision.

Habit Tracker

- Habits I'm working on today:

Day 19:

"What you dwell on in your mind, you bring into your life."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

- Rewrite limiting beliefs into empowering narratives.

Memento Mori

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- Identify one meaningful action for the day.

Identity and Principles

- Reflect on how your values showed up today.
- Plan how to honor a principle more fully tomorrow.

Best Self

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- List three actions to align with this vision.

Habit Tracker

- Habits I'm working on today:

Day 20:

"Every great achievement was once an impossibility until someone believed it to be possible."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

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Memento Mori

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Identity and Principles

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Best Self

- Visualize and describe your best self.
-
-

- List three actions to align with this vision.
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-
-

Habit Tracker

- Habits I'm working on today:
-
-
-

Day 21:

"The universe is filled with life, and that life is Good."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

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- List three actions to align with this vision.

Habit Tracker

- Habits I'm working on today:

Week 3 Reflections

Reflect on your week to celebrate successes and identify growth areas.

- Wins and successes of the week:

1. _____
2. _____
3. _____

- Challenges faced and lessons learned:

1. _____
2. _____
3. _____

- Moments of gratitude and steps for improvement:

1. _____
2. _____
3. _____

Week 4: Compass for Success

Set your priorities and habits to guide the week ahead with intention.

- Top 3 priorities for the week:

1. _____

2. _____

3. _____

- Success habits to focus on daily:

1. _____

2. _____

3. _____

- Stressors to address and strategies:

1. _____

2. _____

3. _____

Day 22:

"We must think correctly if we wish to express success in our lives."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

- Rewrite limiting beliefs into empowering narratives.

Memento Mori

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Identity and Principles

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Best Self

- Visualize and describe your best self.
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-

- List three actions to align with this vision.
-
-
-

Habit Tracker

- Habits I'm working on today:
-
-
-

Day 23:

"There is nothing that can hinder your success except yourself."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

- Rewrite limiting beliefs into empowering narratives.

Memento Mori

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Identity and Principles

- Reflect on how your values showed up today.
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Best Self

- Visualize and describe your best self.
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- List three actions to align with this vision.
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-
-

Habit Tracker

- Habits I'm working on today:
-
-
-

Day 24:

"You must turn your thought from lack to abundance."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

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Identity and Principles

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- Plan how to honor a principle more fully tomorrow.

Best Self

- Visualize and describe your best self.

- List three actions to align with this vision.

Habit Tracker

- Habits I'm working on today:

Day 25:

"Always remember, success begins with a state of mind."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

- Rewrite limiting beliefs into empowering narratives.

Memento Mori

- Reflect on the finite nature of life.
 - Identify one meaningful action for the day.
-

Identity and Principles

- Reflect on how your values showed up today.
 - Plan how to honor a principle more fully tomorrow.
-
-

Best Self

- Visualize and describe your best self.
-
-

- List three actions to align with this vision.
-
-
-

Habit Tracker

- Habits I'm working on today:
-
-
-

Day 26:

"There is a thinking stuff from which all things are made."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

- Rewrite limiting beliefs into empowering narratives.

Memento Mori

- Reflect on the finite nature of life.
- Identify one meaningful action for the day.

Identity and Principles

- Reflect on how your values showed up today.
- Plan how to honor a principle more fully tomorrow.

Best Self

- Visualize and describe your best self.

- List three actions to align with this vision.

Habit Tracker

- Habits I'm working on today:

Day 27:

"By thought, the thing you want is brought to you; by action, you receive it."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

- Rewrite limiting beliefs into empowering narratives.

Memento Mori

- Reflect on the finite nature of life.
- Identify one meaningful action for the day.

Identity and Principles

- Reflect on how your values showed up today.
- Plan how to honor a principle more fully tomorrow.

Best Self

- Visualize and describe your best self.

- List three actions to align with this vision.

Habit Tracker

- Habits I'm working on today:

Day 28:

"Act in the Certain Way, and success is inevitable."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

- Rewrite limiting beliefs into empowering narratives.

Memento Mori

- Reflect on the finite nature of life.
 - Identify one meaningful action for the day.
-

Identity and Principles

- Reflect on how your values showed up today.
 - Plan how to honor a principle more fully tomorrow.
-
-

Best Self

- Visualize and describe your best self.
-
-

- List three actions to align with this vision.
-
-
-

Habit Tracker

- Habits I'm working on today:
-
-
-

Week 4 Reflections

Reflect on your week to celebrate successes and identify growth areas.

- Wins and successes of the week:

1. _____
2. _____
3. _____

- Challenges faced and lessons learned:

1. _____
2. _____
3. _____

- Moments of gratitude and steps for improvement:

1. _____
2. _____
3. _____

Day 29:

"Whatever the mind can conceive and believe, it can achieve."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

- Rewrite limiting beliefs into empowering narratives.

Memento Mori

- Reflect on the finite nature of life.
 - Identify one meaningful action for the day.
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Identity and Principles

- Reflect on how your values showed up today.
 - Plan how to honor a principle more fully tomorrow.
-
-

Best Self

- Visualize and describe your best self.
-
-

- List three actions to align with this vision.
-
-
-

Habit Tracker

- Habits I'm working on today:
-
-
-

Day 30:

"Success requires no explanations. Failure permits no alibis."

Life Sparks

- What inspired or energized me today?

- How can I add more of this to my life?

View from Above

- Reflect on challenges from a broader perspective.

- Affirm: "I am part of a greater whole, and my perspective shapes my peace."

My Story

- Write down the story you're telling yourself about your life.

- Rewrite limiting beliefs into empowering narratives.

Memento Mori

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Habit Tracker

- Habits I'm working on today:
