

# Daily Growth Journal



## WHAT IS MY WHY?

*If you're finding yourself resisting taking the action you need to take, remind yourself WHY your dream matters to you. What difference are you making in peoples lives? If you reach your goal, what difference will it make to you? Why is it all worth it?*

## WHAT IS MY GOAL?

*What is your goal for the month? What is the goal/ plan for the day?*

## HOW ARE YOU GOING TO SHOW UP?

*How would your most abundant, fearless self show up today to make this happen?*

## REFLECTIONS

*How did the day go? What worked? What didn't work? What are you going to take through to or let go of tomorrow?*

## MY RESET BUTTON

*If I feel stress or go off track, this is what I will do to fill my cup, and reset to abundance: (sit in the sun, drink water, talk to a friend, go for a walk etc)*

