

## MY DAILY POSITIVE ACCOUNTABILITY

(Create a Tradition: Either every night before bed or every morning relaxed with a cup of your favorite AM beverage, fill this out or fill it out once and read it everyday. Check off the day of the month so that you are consistent.)

Month

Motto: \_\_\_\_\_

Goal:

\_\_\_\_\_  
\_\_\_\_\_

I'm really good at:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Working on:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Affirmation, journaling, or 3 positive things about today:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What am I imagining and are grateful for in life?

(Include your goal and think of it as achieved already. Spend 1-20 min. visualizing your goal, how you achieved it, the moment you achieve it and in a way that brings joy to you.)

\_\_\_\_\_  
\_\_\_\_\_

What action steps am I going to take today (or tomorrow if it's pm):

\_\_\_\_\_  
\_\_\_\_\_

Notes:

\_\_\_\_\_  
\_\_\_\_\_

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