

THE UNOFFICIAL GUIDE TO ACHIEVING YOUR GOALS

21 Day Inspirational Journal



Copyright © 2013 Onyx Jones

All rights reserved. No part of this book may be used or reproduced by any means, graphic, electronic, or mechanical, including photocopying, recording, taping or by any information storage retrieval system without the written permission of the author except in the case of brief quotations embodied in critical articles and reviews.

CONTENTS

INTRODUCTION.....	4
DAY 1 INSPIRATIONAL QUOTE.....	5
DAY 2 INSPIRATIONAL QUOTE.....	6
DAY 3 INSPIRATIONAL QUOTE.....	7
DAY 4 INSPIRATIONAL QUOTE.....	8
DAY 5 INSPIRATIONAL QUOTE.....	9
DAY 6 INSPIRATIONAL QUOTE.....	10
DAY 7 INSPIRATIONAL QUOTE.....	11
DAY 8 INSPIRATIONAL QUOTE.....	12
DAY 9 INSPIRATIONAL QUOTE.....	13
DAY 10 INSPIRATIONAL QUOTE.....	14
DAY 11 INSPIRATIONAL QUOTE.....	15
DAY 12 INSPIRATIONAL QUOTE.....	16
DAY 13 INSPIRATIONAL QUOTE.....	17
DAY 14 INSPIRATIONAL QUOTE.....	18
DAY 15 INSPIRATIONAL QUOTE.....	19
DAY 16 INSPIRATIONAL QUOTE.....	20
DAY 17 INSPIRATIONAL QUOTE.....	21
DAY 18 INSPIRATIONAL QUOTE.....	22
DAY 19 INSPIRATIONAL QUOTE.....	23
DAY 20 INSPIRATIONAL QUOTE.....	24
DAY 21 INSPIRATIONAL QUOTE.....	25
ABOUT THE AUTHOR.....	26

INTRODUCTION

This FREE 21 day journal is an unconventional, nonphilosophical, and fun way to track your journey to a life filled with more passion. This journal has daily quotes from the “UNOfficial Guide to Achieving Your Goals”, which is available for sale on Amazon.com. The daily quotes are intended to motive, inspire, and provide you with tools for achieving your goals. There are also three daily questions to help generate thoughts towards a more successful life. If the daily quotes inspire you to write about other things feel free put down whatever you want in **your** journal. The main objective is to have fun, reflect, and learn something about yourself and the life you desire to have. If you find this journal helpful and would like to do a goals workshop for a youth group, church group, charitable organization, social club, etc. please check out our workshop materials on Facebook and www.onyxjonesbooks.com.



DAY 1 INSPIRATIONAL QUOTE



“Focus on goals that are positive and have the potential of being a blessing to you, your family, your community, and people that you may never have a chance to meet.”

GRATITUDE LIST Today I give thanks for:

One thing I learned today was:

I desire my future to look like:

DAY 2 INSPIRATIONAL QUOTE



“A great positive force emanates when two people are sharing love, support, kindness, their experiences, knowledge, and encouragement”

GRATITUDE LIST My good friends are my good friends because:

One thing I learned today was:

I want to improve my relationships by:

DAY 3 INSPIRATIONAL QUOTE



“You have to create a picture of where you want your finances to be in the future. Once you are clear on where you want your finances to be, you can create a clear plan for getting there.”

GRATITUDE LIST My past financial resources have allowed me to:

One thing I learned today was:

My future financial goals are:

DAY 4 INSPIRATIONAL QUOTE



“Financial planning is the process of meeting your life goals through the proper management of your finances.”

GRATITUDE LIST I'm thankful for these financial blessings:

One thing I learned today was:

I'm going to give to others by:

DAY 5 INSPIRATIONAL QUOTE



"It is possible to be successful doing things that you love. You don't always have to seek a career or job just because it brings you financial comfort. It is possible to set up a plan and move toward a life where you live your passion every day."

GRATITUDE LIST Things I'm passionate about doing are:

One thing I learned today was:

My career goals are:

DAY 6 INSPIRATIONAL QUOTE



"You have the power within to create visions of successfully achieving the goals you set; at some point, with repeated visualizations and unwavering faith, those visions will start to manifest. When things start to manifest, you must be ready to take action."

GRATITUDE LIST Times when I did not give up:

One thing I learned today was:

What I will achieve because of unwavering faith:

DAY 7 INSPIRATIONAL QUOTE



“Whether it’s a dollar or a million dollars, putting money aside for yourself and your family is exciting.”

GRATITUDE LIST All the ways I can save money include:

One thing I learned today was:

My dream vacation/purchase looks like:

DAY 8 INSPIRATIONAL QUOTE



“I am whole, perfect, strong, powerful, loving, harmonious and happy.”

GRATITUDE LIST Past success that I am thankful for includes:

One thing I learned today was:

I will be successful doing:

DAY 9 INSPIRATIONAL QUOTE



"The bottom line is, you must decide to let go of the negative energy and the negative thoughts. You must decide to consistently generate positive and energized thoughts of being successful."

GRATITUDE LIST Positive things that have happened in my life are:

One thing I learned today was:

I create the following positive affirmations:

DAY 10 INSPIRATIONAL QUOTE



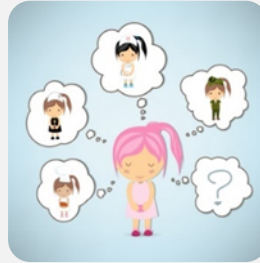
"There is one thing that has been found to be true in life- in order for something to be physically created on earth, someone had to create it in his or her mind first."

GRATITUDE LIST I am thankful for my the following accomplishments:

One thing I learned today was:

What positive things I want to create in next 30 days:

DAY 11 INSPIRATIONAL QUOTE



"You must form a clear and definite mental picture of what you want; you cannot transmit an idea unless you have it yourself."

GRATITUDE LIST I have created the following for my life:

One thing I learned today was:

I can make the most of myself by:

DAY 12 INSPIRATIONAL QUOTE



"If you don't have all the qualifications you need to start your goal, decide to find a class, a workshop, an internship, or look up how-to videos on the Internet, or volunteer- Whatever it takes to make sure you are doing things that enhance your skills relevant to your goals."

GRATITUDE LIST I am thankful for the following skills/resources:

One thing I learned today was:

Steps I'm going to take to improve my future are:

DAY 13 INSPIRATIONAL QUOTE



"Absolutely everyone has something to offer and contribute, but it is important to know exactly what goals you are reaching for and how you are planning to get to them."

GRATITUDE LIST Things that I can be proud of are:

One thing I learned today was:

My life is already starting to shift in the right direction because:

DAY 14 INSPIRATIONAL QUOTE



"Setting financial goals is just as important as setting any other goals. You have to create a picture of where you want your finances to be in the future."

GRATITUDE LIST Things I have successfully paid off:

One thing I learned today was:

Things I commit to pay off in the next 30 days, 180 days, and 1½ years are:

DAY 15 INSPIRATIONAL QUOTE



"It's not important that you believe everything you read in the book you choose. The important thing is that you expand and challenge your mind with new information."

GRATITUDE LIST Important lessons I have learned from books are:

One thing I learned today was:

At least one book that I commit to reading in the future is:

DAY 16 INSPIRATIONAL QUOTE



"You have been placed on this earth to fulfill a purpose. Whether you consider your purpose great or small is in the power of your perception."

GRATITUDE LIST Important lessons I've learned from others are:

One thing I learned today was:

One person I can share this information with to make their life better is:

DAY 17 INSPIRATIONAL QUOTE



"Life is just easier when you have someone who genuinely loves and supports you."

GRATITUDE LIST Special people who have helped me in the past are:

One thing I learned today was:

New opportunities I'm going to pursue with the help of others are:

DAY 18 INSPIRATIONAL QUOTE



"You must first have the knowledge of your power; second, the courage to dare; third, the faith to do."

Charles Haanel ~The Master Key System

GRATITUDE LIST Things that I have visualized that have come true are:

One thing I learned today was:

I now have the courage and faith to accomplish the following:

DAY 19 INSPIRATIONAL QUOTE



"The world has enough room for your success, my success and the success of everyone else who chooses to operate in a life filled with purpose and goals."

GRATITUDE LIST Things that I admire about successful people are:

One thing I learned today was:

Special qualities/skills that I have are:

DAY 20 INSPIRATIONAL QUOTE



"Nothing is more fulfilling than doing things you are passionate about."

GRATITUDE LIST Things that I have visualized that have come true are:

One thing I learned today was:

I now have the courage and faith to accomplish the following:

DAY 21 INSPIRATIONAL QUOTE



"The time is now. Take action. You have everything within you to achieve the most phenomenal success ever."

GRATITUDE LIST I love my life because:

One thing I learned today was:

I'm will succeed because:

ABOUT THE AUTHOR



Onyx Jones, once a homeless single mother, is now a successful entrepreneur who has a master's degree in accounting. Onyx has worked as an Interim Finance Director for different municipalities and has written many effective procedure manuals for her clients; however, the UNOfficial Guides are a reflection of the steps she took to create a life filled with passion. Today, Onyx has an amazing husband and three children.