

Energy for Performance® 90-Day Journal



Start Date:

End Date:

Name:

About This Journal

Start each day in a positive way, with inspiration, intention, and reflection. Each step is designed to deepen your self-discovery practice and create sustainable change in your personal and professional life.

Over the next 90 days we encourage you to **start each day** by mindfully setting your intention and identifying your goals. **To close out the day**, reflect on what went well, the rituals practiced, unexpected setbacks, and how to make tomorrow even better. Remember, a setback is a setup for a comeback.

At the end of each week, you will be prompted to check in with your accountability partner (or write your new story) and complete a brief weekly review, where you can reflect on:

- Key highlights and lessons
- Energy dimensions (physical, emotional, mental, and spiritual energy)
- Ritual progress

At the end of the 90 days, you will have completed your training mission and this journal will provide insight into your personal growth and how you can invest your energy in the future.

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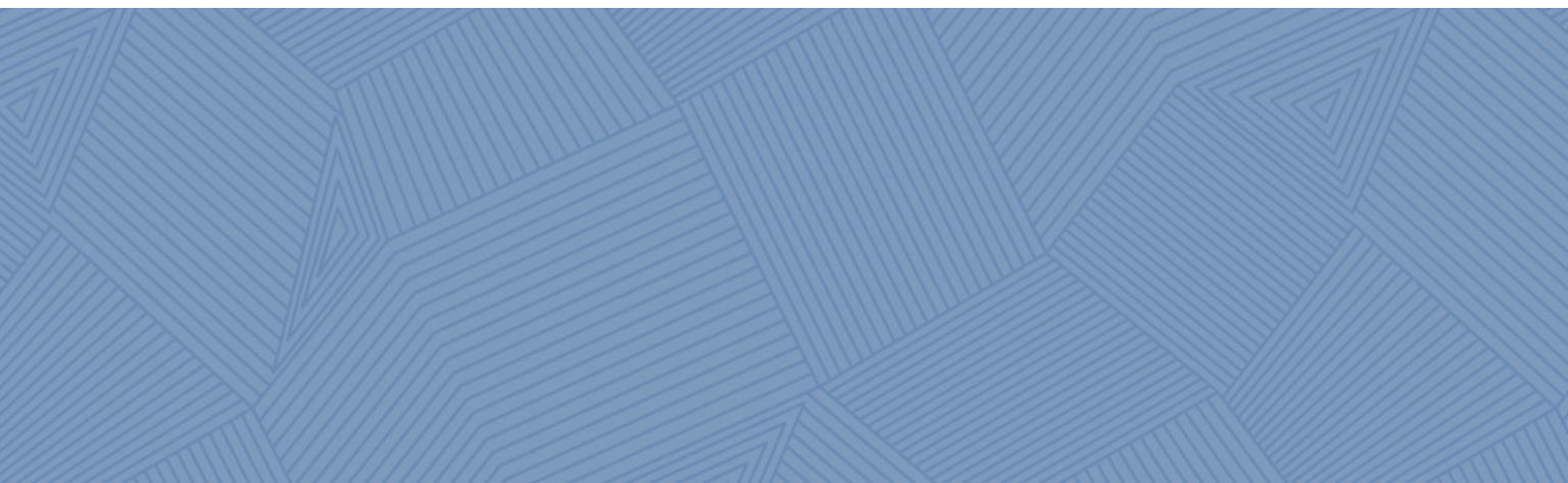
Notes

Getting Started



**Performance,
health, and
happiness are
grounded in
the skillfull
management
of energy.**

— Dr. Jim Loehr



What kind of impact do you want to have on the world and on the people that matter to you?

Purpose

Your 90-day training mission should focus on an area of your life that you want to change that is currently out of alignment with your purpose.

90-Day Training Mission

Your rituals are the daily actions that will help you achieve your training mission. Be specific, even including when and where the ritual will take place.

Ritual 1

I will...

[Blank text input area for Ritual 1 description]

[Blank text input area for Ritual 1 frequency]

time(s) a day/a week/as needed.

[Blank text input area for Ritual 1 accountability]

will hold me accountable.

Ritual 2

I will...

[Blank text input area for Ritual 2 description]

[Blank text input area for Ritual 2 frequency]

time(s) a day/a week/as needed.

[Blank text input area for Ritual 2 accountability]

will hold me accountable.

Ritual 3

I will...

[Blank text input area for Ritual 3 description]

[Blank text input area for Ritual 3 frequency]

time(s) a day/a week/as needed.

[Blank text input area for Ritual 3 accountability]

will hold me accountable.

Ritual 4

I will...

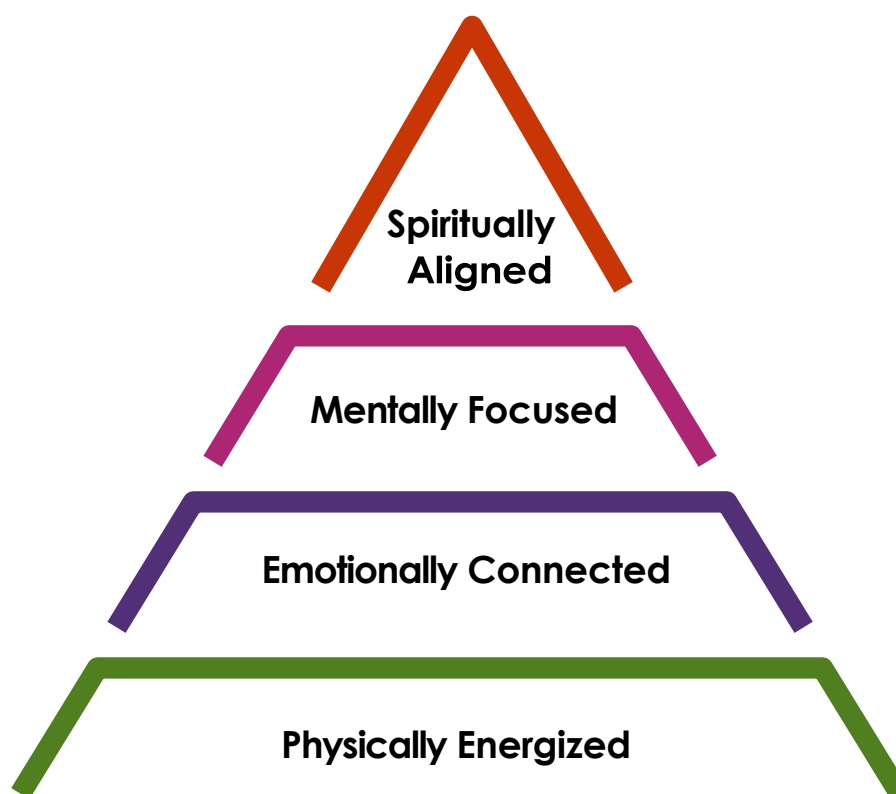
[Blank text input area for Ritual 4 description]

[Blank text input area for Ritual 4 frequency]

time(s) a day/a week/as needed.

[Blank text input area for Ritual 4 accountability]

will hold me accountable.



Spiritual Energy

Fully aligned - Your actions are connected to your deepest values and beliefs.

Not aligned - You may lose your passion, drive, or perseverance.

Mental Energy

Focused - You bring focus, presence, and concentration to the here and now.

Not focused - You tend to be easily distracted and it is difficult to stay focused and be present in the here and now.

Emotional Energy

High quality - You experience more positive than negative emotions and actively practice emotional recovery.

Low quality - You experience more negative than positive emotions and sometimes feel emotionally exhausted.

Physical Energy

Full - You feel energized, full of vitality, fueled, and rested.

Empty - You may get easily tired or simply have no energy to get you through the day.

Tips for Writing Your New Story

Every two weeks you will have the opportunity to write your new story. Throughout this process, keep in mind that effective new stories are:

1. Grounded in truth with accurate, vivid details

Factual and objective to the greatest extent possible.

2. Linked to concrete events and consequences

Clearly articulates the full scope of actions, feelings, and consequences.

3. More positive than negative

Balance the negative emotions that may arise from addressing your truth by creating space for positive ones to lead the way forward.

4. Told in a sincere, highly authentic voice

Ensure you have a story that proclaims, "this is me, this is what's been going on, and this is what I am going to do about it."

5. Comprehensive and complete

Go deep to get at some real traction.

6. Written to take you where you want to go

Articulate a direction that is explicitly short-term and implicitly long-term.

7. Guided by your deepest values and beliefs

Upon reading or hearing, anyone would know what it is you value and care about.

8. Reflective of your best voice

Inspires you to sit up and take notice.

Date: 2/11/ 2022



S M T W T **F** S

What can you do today to live into the best version of you?

Focusing on your purpose in life can help you direct your energy toward what is most meaningful to you.

Today I will be my best self by... Giving my best energy to things that are within my control

Daily Energy Audit

Take stock of your energy each day using a 1 (low) to 4 (high) scale.

 Physical
  Emotional
  Mental
  Spiritual
 →
  4
  3
  2
  2

Urgent items that require your attention today.

Need to do: Finish client proposal, pack for West-coast trip, get birthday gift for Sam

Important items that if you don't get to today, might end up feeling urgent later.

Want to do: Explore how to make the client proposal process more streamlined, reach out to friends for dinner plans, sign up for Yoga classes

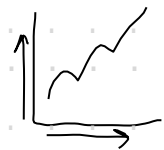
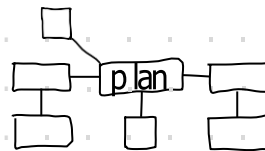
Your free space to jot down quick notes, personal reminders or free-form doodle.

Notes:

5:30 Yoga Cla ss

Groc eries:
bread
eggs
milk
chips + dip

I can do this!



Day 1 2 3 4 5 6



Week 3/13

What made your day great?

Think about what you're grateful for, what brought you joy?

Revisit the moments, people and things that made your day a little bit better.

Making time for each of my rituals today really helped me unwind from an otherwise hectic day!

I am grateful for my health, my supportive family, and the opportunity to do the things that allow me to be my best self. Like jogging and meditating.

Rituals I focused on today:

List out any rituals you performed today.

Read for fun

Morning jog

Meditated

Family game night (Tech free!)

Today's obstacles or challenges I came across:

Was there anything that prevented you from completing your goal or from being your best self today?

I got a great night's sleep and was happy to get to work early, but an accident on the highway caused me to miss our morning meeting. This meant we didn't get the client proposal out today.

How can I make tomorrow even better?

Finish your day by noting the lessons you'd like to carry forward.

Give myself more time than I think I need. Things may come up that are outside of my control, so I should account for that whenever possible.

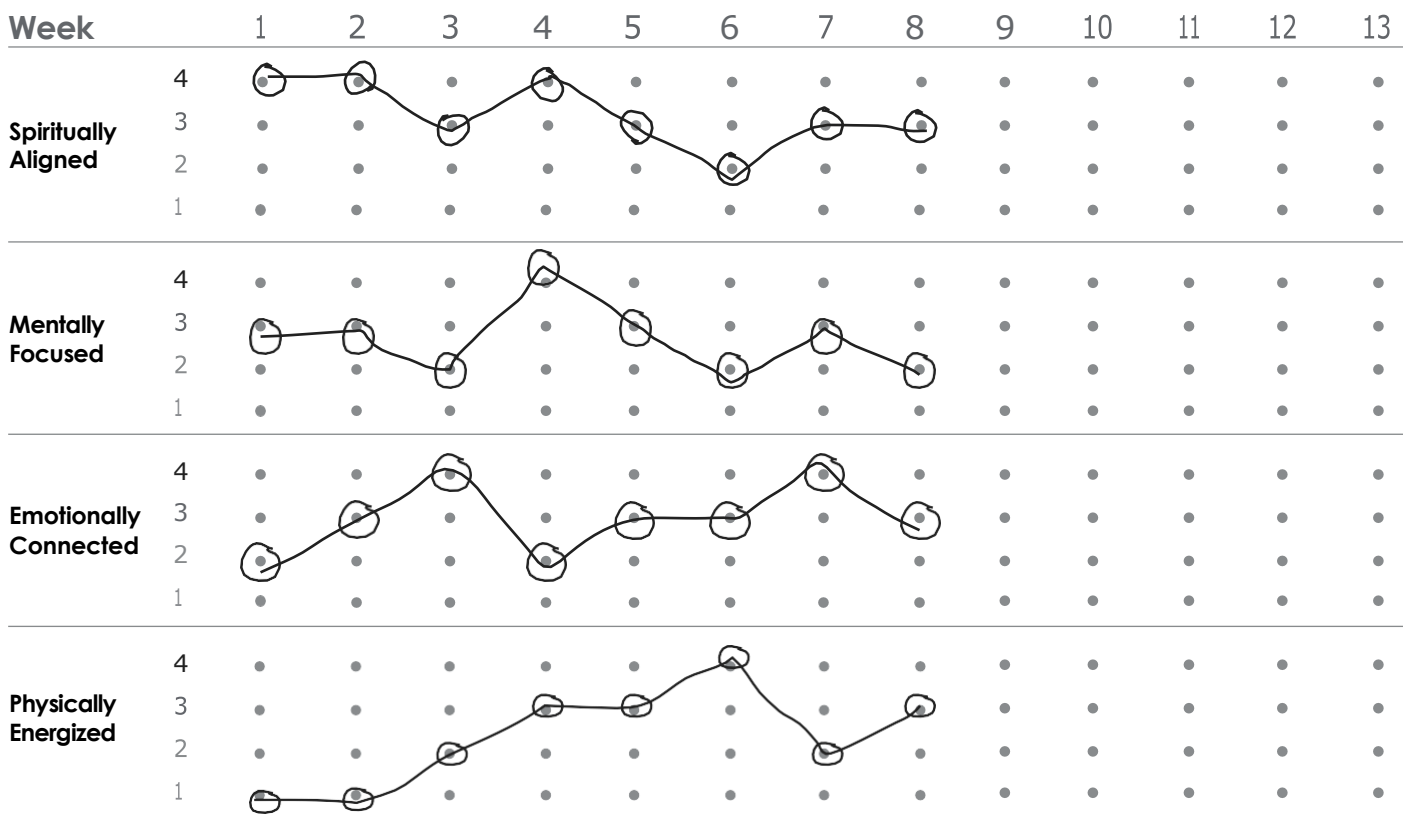
Ritual Tracking

Shade in the square to represent how well you performed the rituals each week.

Week	1	2	3	4	5	6	7	8	9	10	11	12	13
Ritual 1 read for fun													
Ritual 2 meditate													
Ritual 3 morning jog													
Ritual 4 (tech free) family game night													

Energy Audit

Circle the dot that shows the quality of your energy for each dimension for the week (4 being the highest quality, 1 being the lowest). As you progress, connect the dots to visualize the flow of your energy over time.



Checking In



**Keep steadily
growing in your
life. As soon
as you say that
you're the best,
you no longer are.
There is always
room for growth.**

— Jack Groppe, Ph.D.

Date:



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As you begin your journey and focus on your new rituals, take some time to think if you have everything you need to be successful.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



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When you take the time to understand exactly what you want and how to get it, there's no limit to how much you can achieve.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 1/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:







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Today, give special attention to how your actions align with your goals and values.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 1/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



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To be your best self, you must also understand the truth about your current self.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 1/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



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The right physical activity is one that you like and that fits your lifestyle.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 1/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



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When you are fully engaged in the emotional dimension, you feel positive, optimistic, grateful and connected to others.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 1/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



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The more something really matters to you, the more you are willing to fight for it despite the obstacles you may face.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 1/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Congratulations on completing week one!

Take a moment to look back on the past week by:

- Reviewing your **Highlights and Lessons** in the space below.
- Reflecting on your rituals and energy dimensions in the **Tracking Progress** section.
- **Checking in with your accountability partner** on their rituals and share how you are doing with yours.

What patterns do you notice?

What key takeaways or lessons will you carry going forward?

Sample Highlight

The best part of my week was...

Sample Lesson

A lesson I learned was...

Highlights:

[Empty text box for highlights]

Lessons:

[Empty text box for lessons]

Notes:

[Empty text box for notes]

**Life can only
be understood
backwards;
but it must be
lived forwards.**

— Søren Kierkegaard



Date:



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Multitasking and faulty storytelling are barriers to being fully engaged in the mental dimension. Both create internal and external distractions.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



Day 1 2 3 4 5 6 7

Week 2/13

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



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Your purpose statement is the clear articulation of your life's purpose and serves as a powerful tool to drive engagement and guide energy investments.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 2/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



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Your story is the "talk," and your rituals are the "walk."

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:







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Though the past and the future have their place in your life, you must live life in the present to fully ignite your performance.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 2/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:





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Your spiritual energy is a source of power, even when your physical energy is low.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 2/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



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The story we tell ourselves can influence our decisions and drive our actions.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



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Experiencing incremental discomfort overtime can help build your energy capacity.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 2/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Congratulations on completing week two!

Take a moment to look back on the past week by:

- Reviewing your **Highlights and Lessons** in the space below.
- **Rewriting your New Story** on the next page.
- Reflecting on your rituals and energy dimensions in the **Tracking Progress** section.

Highlights:

Lessons:

Notes:

The truth is...

What is the "whole" truth about your old story?

[Empty text box for writing the whole truth about your old story]

If I continue on this path and don't change...

Short and long-term consequences.

[Empty text box for writing short and long-term consequences]

This mission is important to me because...

Refer to your purpose statement and values.

[Empty text box for writing why the mission is important]

From now on, I will...

Inspiring action you will take.

[Empty text box for writing inspiring action]

Date:







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Talk or write it out. The audible articulation of challenging problems requires logic, reasoning, focus, and concentration.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



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Rituals are consciously acquired routines that serve your training mission.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
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Skillfully investing energy — not just time — in things and people you care about can create harmony and fulfillment.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
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Remember to ask for help. You don't have to "do it all."

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 3/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

Today, make joy a priority.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

Effective energy management requires that you balance energy expenditure (stress) with energy renewal (recovery).

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 3/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:







S M T W T F S
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When possible, opt in for a walking meeting.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 3/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Congratulations on completing week three!

Take a moment to look back on the past week by:

- Reviewing your **Highlights and Lessons** in the space below.
- Reflecting on your rituals and energy dimensions in the **Tracking Progress** section.
- **Checking in with your accountability partner** on their rituals and share how you are doing with yours.

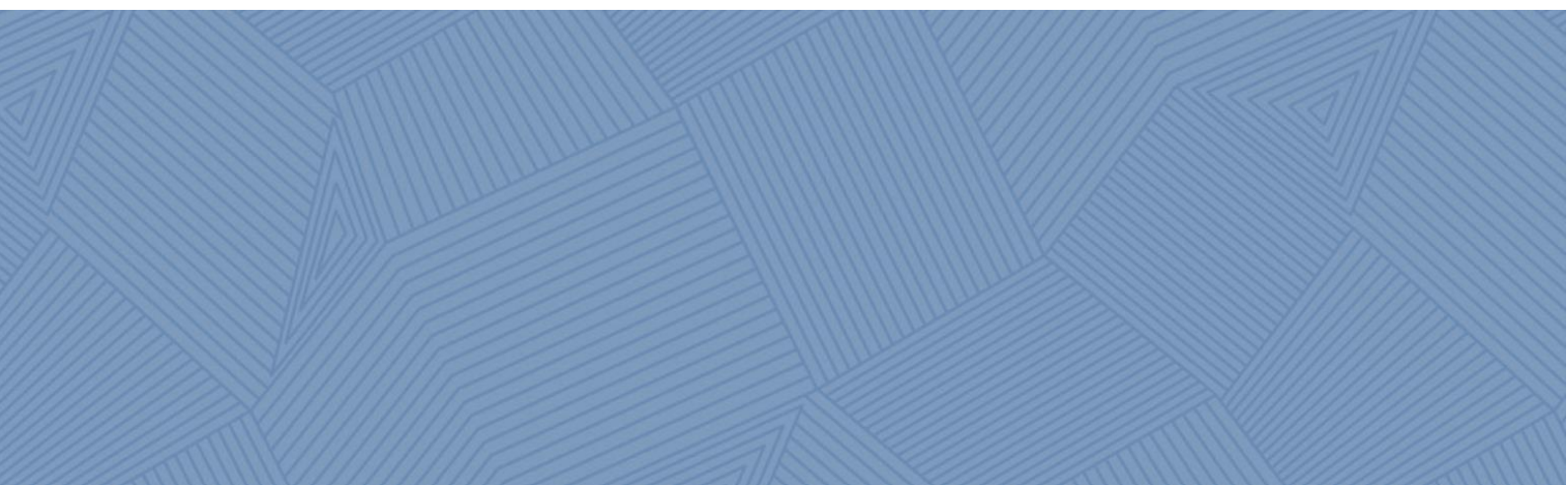
Highlights:

Lessons:

Notes:

**Judge each
day not by the
harvest you
reap but by
the seeds you
plant.**

— William Arthur Ward



Date:



S M T W T F S
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Unchecked, stress can negatively impact your body, mind, mood, and ultimately, performance. But, if you balance stress with recovery, you can use stress to grow.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

Setting goals can help you become your best self.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
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Self-reflection can help you stay motivated, make progress toward your goals, and course-correct if you're headed in the wrong direction.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
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Say "no," when it's appropriate, to help manage your time and your energy.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:







S M T W T F S
○ ○ ○ ○ ○ ○ ○

Energy flows where attention goes.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

Multitasking is a barrier for mental engagement. Be mindful of moments when your attention is divided.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
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Positive thoughts can lead to personal fulfillment.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Congratulations on completing week four!

Take a moment to look back on the past week by:

- Reviewing your **Highlights and Lessons** in the space below.
- **Rewriting your New Story** on the next page.
- Reflecting on your rituals and energy dimensions in the **Tracking Progress** section.

Highlights:

Lessons:

Notes:

The truth is...

What is the "whole" truth about your old story?

If I continue on this path and don't change...

Short and long-term consequences.

This mission is important to me because...

Refer to your purpose statement and values.

From now on, I will...

Inspiring action you will take.

Date:



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Practice compassion by perceiving a situation from someone else's point of view.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
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Prioritize a good night's sleep, no matter how busy your schedule gets.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:







S M T W T F S
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Remember, when setbacks occur, stories and rituals need to be re-evaluated.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 5/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
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Practicing mindfulness is proven to help manage stress. Spend some time today sitting or walking in silence or simply pay attention to your breath.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:






S M T W T F S
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Tune in to thoughts that make you feel hopeful, grateful, compassionate, optimistic, and/or motivated.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
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Kick off your next team meeting by expressing your gratitude to a team member.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:






S M T W T F S
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Purpose check-in: Are you spending time and energy in the areas of your life that are most important to you?

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 5/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Congratulations on completing week five!

Take a moment to look back on the past week by:

- Reviewing your **Highlights and Lessons** in the space below.
- Reflecting on your rituals and energy dimensions in the **Tracking Progress** section.
- **Checking in with your accountability partner** on their rituals and share how you are doing with yours.

Highlights:

Lessons:

Notes:

**Day by day,
what you
choose, what
you think and
what you do
is who you
become.**

— Heraclitus



Date:



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Managing your physical, emotional, mental, and spiritual energy is key to becoming your best self.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



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Self-reflection is a crucial part of your regular routine.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 6/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



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Schedule microbursts of recovery throughout your day. These are mini-breaks that can help you manage your energy more effectively.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



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When practiced consistently, rituals help to create new habits and routines that serve your purpose.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:





S M T W T F S
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Purposefully thinking happy thoughts can lead to positive emotions and improve your overall well-being.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



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It may be hard to work out in your living room if that's where you typically relax. Pick somewhere you can associate with being active.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 6/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:







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Keep your purpose front of mind by considering this question: How do you want to be remembered?

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 6/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Congratulations on completing week six!

Take a moment to look back on the past week by:

- Reviewing your **Highlights and Lessons** in the space below.
- **Rewriting your New Story** on the next page.
- Reflecting on your rituals and energy dimensions in the **Tracking Progress** section.

Highlights:

Lessons:

Notes:

The truth is...

What is the "whole" truth about your old story?

If I continue on this path and don't change...

Short and long-term consequences.

This mission is important to me because...

Refer to your training mission and values.

From now on, I will...

Inspiring action you will take.

Date:



S M T W T F S
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Journaling your thoughts is a great awareness exercise to get you in tune with how your private voice sounds during periods of calm, as well as periods of high stress.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
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It's important to identify what brings you joy so you can cherish the moments in life that you find most valuable.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 7/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:







S M T W T F S
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It can be easy to think stress is bad and try to avoid it – but you can intentionally use stress to grow and build your resilience. The key is to balance stress with recovery.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 7/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:





S M T W T F S
○ ○ ○ ○ ○ ○ ○

Incorporating High Intensity Interval Training (HIIT) into your workout provides similar or greater benefits in less time than a longer, low-moderate intensity session.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 7/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



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If you experience a setback, evaluate why it happened. And, remember, a setback is a setup for comeback.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:







S M T W T F S
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Help renew your emotional energy by connecting with people you love.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 7/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
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Give your spiritual energy a lift by spending time on the areas of your life that are most important to you.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 7/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Congratulations on completing week seven!

Take a moment to look back on the past week by:

- Reviewing your **Highlights and Lessons** in the space below.
- Reflecting on your rituals and energy dimensions in the **Tracking Progress** section.
- **Checking in with your accountability partner** on their rituals and share how you are doing with yours.

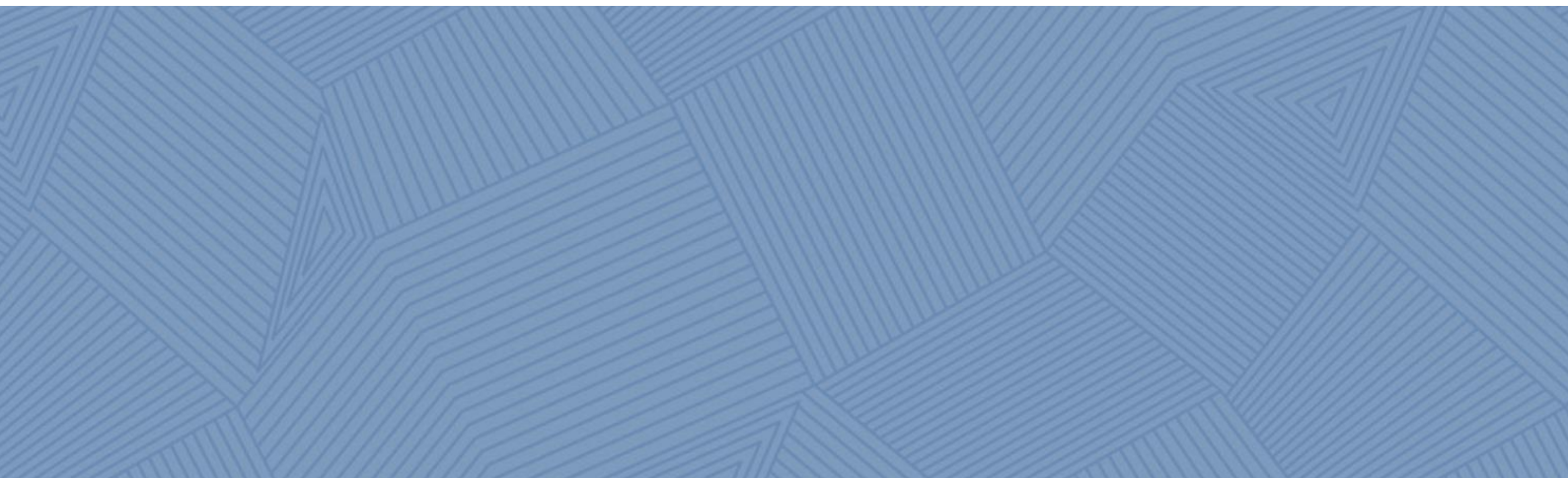
Highlights:

Lessons:

Notes:

**We are what
we repeatedly
do. Excellence,
then, is not an
act, but a habit.**

— Will Durant



Date:






S M T W T F S
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Full engagement is about intentionally being present in the moment, the here and now.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
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Food is your body's fuel, and can dramatically impact your energy levels.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
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Feeling overwhelmed? Take a moment to de-clutter your space, write down what is on your mind and prioritize your to-do list.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
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Find and commit to your purpose.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:







S M T W T F S
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Having social connections with family and friends can improve mental and physical well-being.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
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Eliminate distractions by intentionally focusing on one thing at a time.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
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Donate your time to a cause you believe in. Studies have shown that volunteering can help stress, increase happiness, and give a sense of purpose.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 8/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Congratulations on completing week eight!

Take a moment to look back on the past week by:

- Reviewing your **Highlights and Lessons** in the space below.
- **Rewriting your New Story** on the next page.
- Reflecting on your rituals and energy dimensions in the **Tracking Progress** section.

Highlights:

Lessons:

Notes:

The truth is...

What is the “whole” truth about your old story?

If I continue on this path and don't change...

Short and long-term consequences.

This mission is important to me because...

Refer to your training mission and values.

From now on, I will...

Inspiring action you will take.

Date:



S M T W T F S
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Continue to create a new story that inspires you to take courageous action to become a better version of yourself.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
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By making time for your health, you give yourself the chance to have the physical energy you need to be your best self.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 9/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
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Remember, becoming your best self requires you to be spiritually aligned, mentally focused, emotionally connected, and physically energized.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
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Be protective of who and what you give your best energy to. Don't waste energy on things that are out of your span of control.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
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After completing a project, make time to reflect on what you learned and, of course, celebrate your success.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

A yoga practice is helpful for both physical and mental well-being: it can help lower stress, increase strength, and improve flexibility.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

You can't take care of others if you're not taking care of yourself.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 9/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Congratulations on completing week nine!

Take a moment to look back on the past week by:

- Reviewing your **Highlights and Lessons** in the space below.
- Reflecting on your rituals and energy dimensions in the **Tracking Progress** section.
- **Checking in with your accountability partner** on their rituals and share how you are doing with yours.

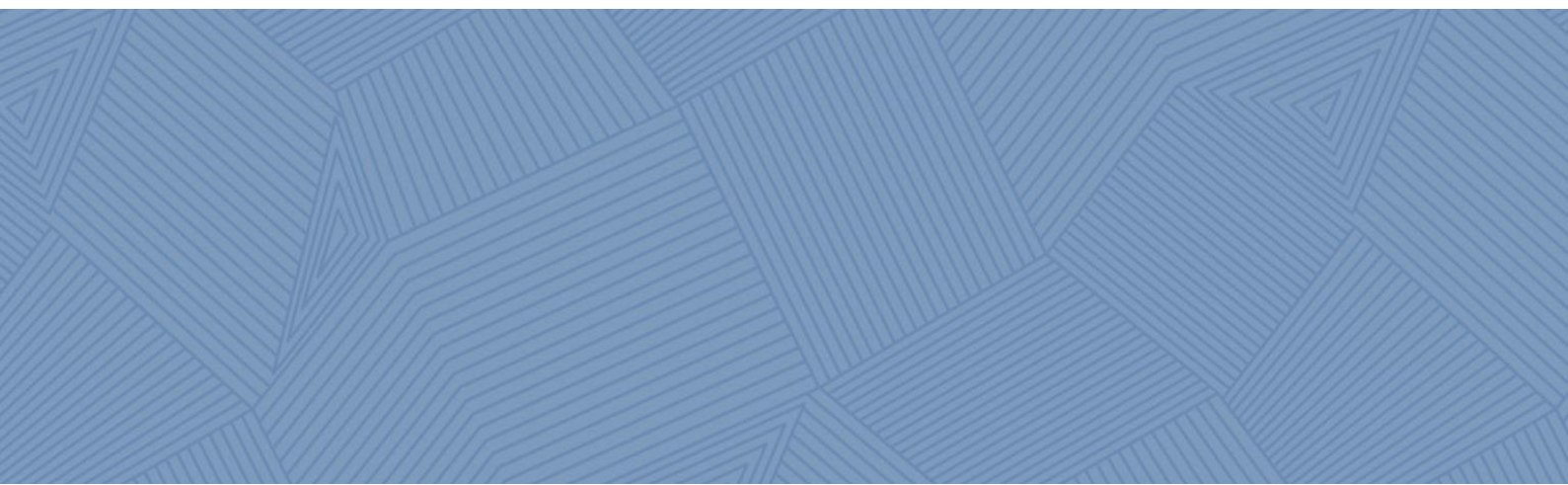
Highlights:

Lessons:

Notes:

**What lies
behind us and
what lies ahead
are tiny matters
compared to
what lies
within us.**

— Henry Stanley Haskins



Date:



S M T W T F S
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Stress is not a bad thing. In the right dose and volume, stress can help you grow.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:







S M T W T F S
○ ○ ○ ○ ○ ○ ○

Create reminders of what is most important to you and put them where you will see them each day.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

   
Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 10/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

Energy in the spiritual dimension comes from connecting with the people and things that bring you joy.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

Focus is a primary enabler to being your best self. Conversely, the more distracted you are, the less you are connected to your intentions and purpose.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

A new story changes the way you think — it creates a positive and inspirational way of seeing new possibilities, especially when things are off track.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 10/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

Action planning plays an important role in any change. Without an action plan, goals become wishes instead of new behaviors.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 10/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:





S M T W T F S
○ ○ ○ ○ ○ ○ ○

Work toward your goal every day by setting a specific time or activity to trigger your desired behavior.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Congratulations on completing week ten!

Take a moment to look back on the past week by:

- Reviewing your **Highlights and Lessons** in the space below.
- **Rewriting your New Story** on the next page.
- Reflecting on your rituals and energy dimensions in the **Tracking Progress** section.

Highlights:

Lessons:

Notes:

The truth is...

What is the "whole" truth about your old story?

If I continue on this path and don't change...

Short and long-term consequences.

This mission is important to me because...

Refer to your training mission and values.

From now on, I will...

Inspiring action you will take.

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

When it comes to physical activity, if you're short on time, walking or biking in your neighborhood may be better than going to a gym.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

Balance the stress of each challenging experience with the appropriate and adequate recovery.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

Take a few moments this week to express gratitude to your loved ones. This small act will uplift you and the people you care about.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 11/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:






S M T W T F S
○ ○ ○ ○ ○ ○ ○

Motivation, willpower, and self-discipline get the ritual off the ground, but connection to purpose will help us stay committed even when it feels hard.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 11/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

Carve out a few minutes every day dedicated to harnessing positivity to make positive thoughts your new normal.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 11/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

Hydrate gradually throughout the day by drinking water and other fluids.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 11/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

Knowing what brings you joy can help you refine your purpose.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 11/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Congratulations on completing week eleven!

Take a moment to look back on the past week by:

- Reviewing your **Highlights and Lessons** in the space below.
- Reflecting on your rituals and energy dimensions in the **Tracking Progress** section.
- **Checking in with your accountability partner** on their rituals and share how you are doing with yours.

Highlights:

Lessons:

Notes:

**Discovering
and living
your personal
brilliant purpose
brings energy,
fulfillment, and
well-being to
your life.**

— Dr. Jim Loehr



Date:







S M T W T F S
○ ○ ○ ○ ○ ○ ○

Today, make a little bit more time for yourself.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

Mental energy check-in: Do you feel focused? Do you feel challenged?

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 12/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

Resilience is the ability to regularly recover, adapt, and grow from stress.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:







S M T W T F S
○ ○ ○ ○ ○ ○ ○

Focus on your must-dos, and allow yourself time and energy to enjoy activities that are aligned with your purpose and promote your well-being.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 12/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

Navigate stressful moments by checking in on your energy dimensions and re-committing to your purpose.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 12/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

Rituals bring harmony and order to high-stress situations.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 12/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:





S M T W T F S
○ ○ ○ ○ ○ ○ ○

Purpose is a big part of what gives direction and meaning to our lives. It is the driving force that helps us choose our goals and take action.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 12/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Congratulations on completing week twelve!

Take a moment to look back on the past week by:

- Reviewing your **Highlights and Lessons** in the space below.
- **Rewriting your New Story** on the next page.
- Reflecting on your rituals and energy dimensions in the **Tracking Progress** section.

Highlights:

Lessons:

Notes:

The truth is...

What is the "whole" truth about your old story?

If I continue on this path and don't change...

Short and long-term consequences.

This mission is important to me because...

Refer to your training mission and values.

From now on, I will...

Inspiring action you will take.

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

When you try to do two or more unrelated tasks at a time, nothing gets your best energy.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 13/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:







S M T W T F S
○ ○ ○ ○ ○ ○ ○

You can build resilience by intentionally balancing everyday stress with recovery.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 13/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:







S M T W T F S
○ ○ ○ ○ ○ ○ ○

This week, hold yourself accountable by prioritizing at least one activity per day that will bring you joy.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:





S M T W T F S
○ ○ ○ ○ ○ ○ ○

When you take the time to understand exactly what you want and how to get it, there's no limit to how much you can achieve.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 13/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

Today, intentionally practice positive self-talk.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:

Day 1 2 3 4 5 6 7



Week 13/13

Getting Started

Checking In

Tracking Progress

What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:



S M T W T F S
○ ○ ○ ○ ○ ○ ○

Remember to focus on your purpose as it can help you direct your energy toward what is most meaningful to you.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit



Physical



Emotional



Mental



Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Date:







S M T W T F S
○ ○ ○ ○ ○ ○ ○

You did it! You completed your 90-Day Training Mission! Take a moment to reflect on your journey and celebrate the wins.

What can you do today to live into the best version of you?

Today I will be my best self by...

Daily Energy Audit

Physical Emotional Mental Spiritual

Need to do:

Want to do:

Notes:



What made your day great?

Think about what you're grateful for, what brought you joy?

Rituals I focused on today:

Today's obstacles or challenges I came across:

How can I make tomorrow even better?

Congratulations on completing week thirteen!

Take a moment to look back on the past week by:

- Reviewing your **Highlights and Lessons** in the space below.
- Reflecting on your rituals and energy dimensions in the **Tracking Progress** section.
- **Checking in with your accountability partner** on their rituals and share how you are doing with yours. **Tracking Progress** section.

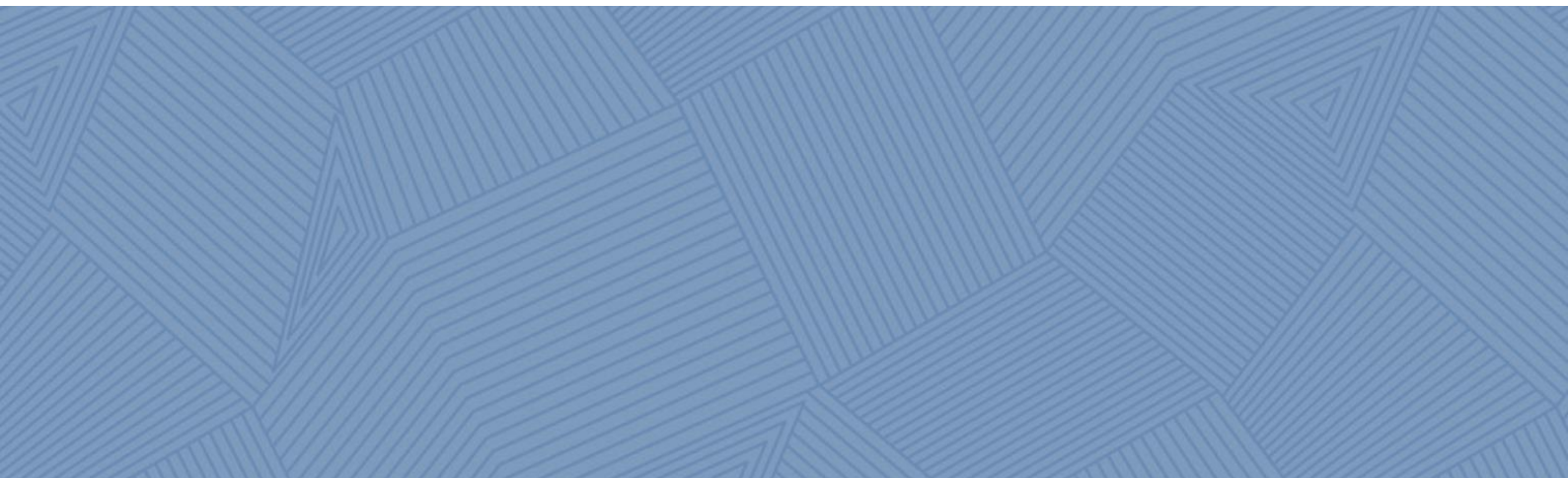
Highlights:

Lessons:

Notes:

Doing life well is a risk. But, not trying to do life well is an even bigger risk. You have to be willing to take steps forward, getting out of your comfort zone, to grow!

— Jack Groppe, Ph.D.

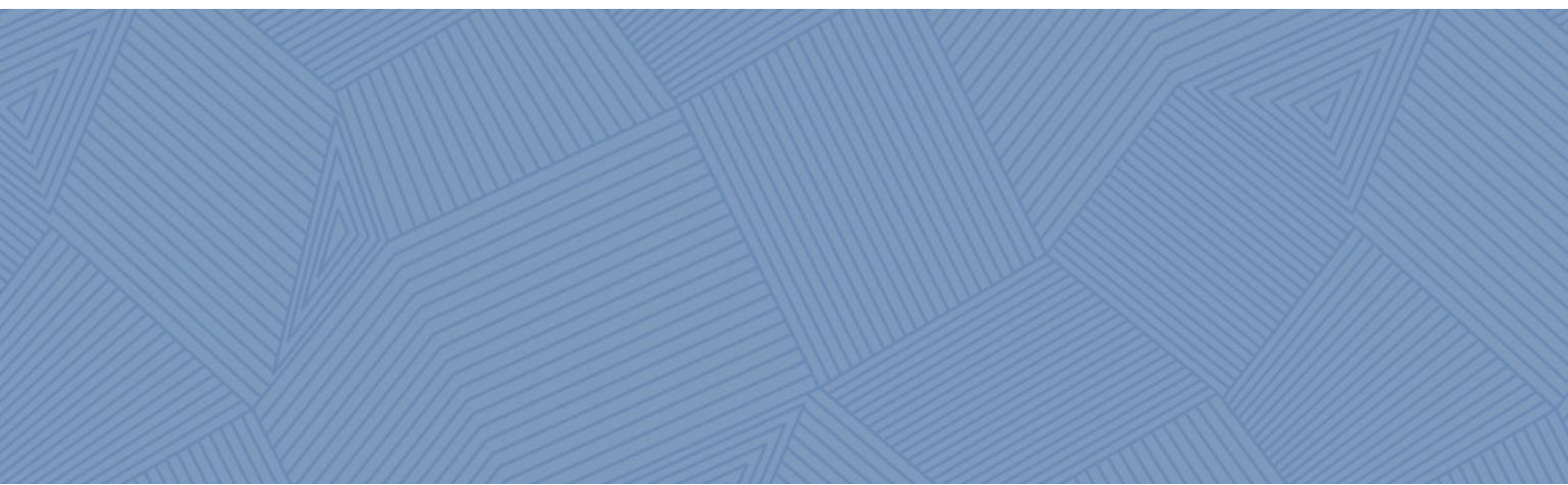


Tracking Progress



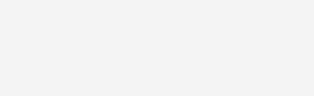
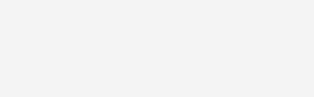
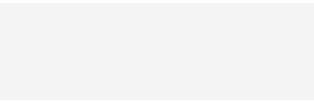
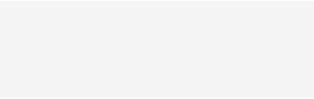
**If you want to
change your life,
change your story.**

— Dr. Jim Loehr



Ritual Tracking

Click on the square to represent how well you performed the rituals each week.

Week	1	2	3	4	5	6	7	8	9	10	11	12	13
Ritual 1 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ritual 2 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ritual 3 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ritual 4 	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Energy Audit

Select the button that shows the quality of your energy for each dimension for the week (4 being the highest quality, 1 being the lowest). As you progress, visualize the flow of your energy over time.

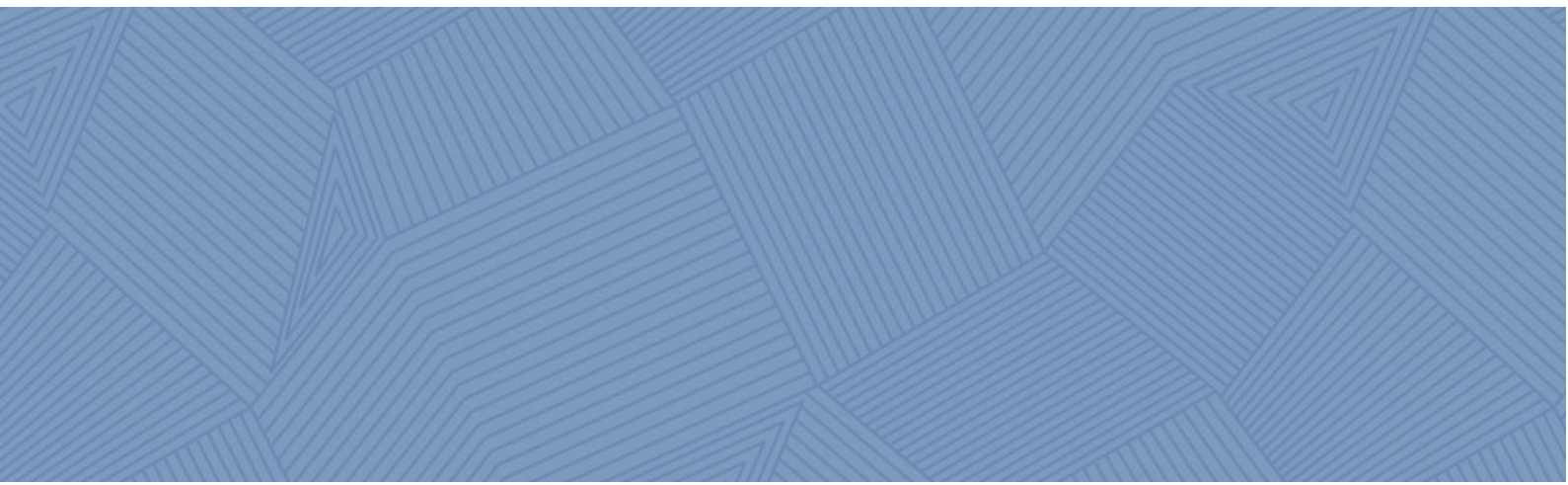
Week		1	2	3	4	5	6	7	8	9	10	11	12	13
Spiritually Aligned	4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mentally Focused	4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Emotionally Connected	4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Physically Energized	4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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	1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Notes

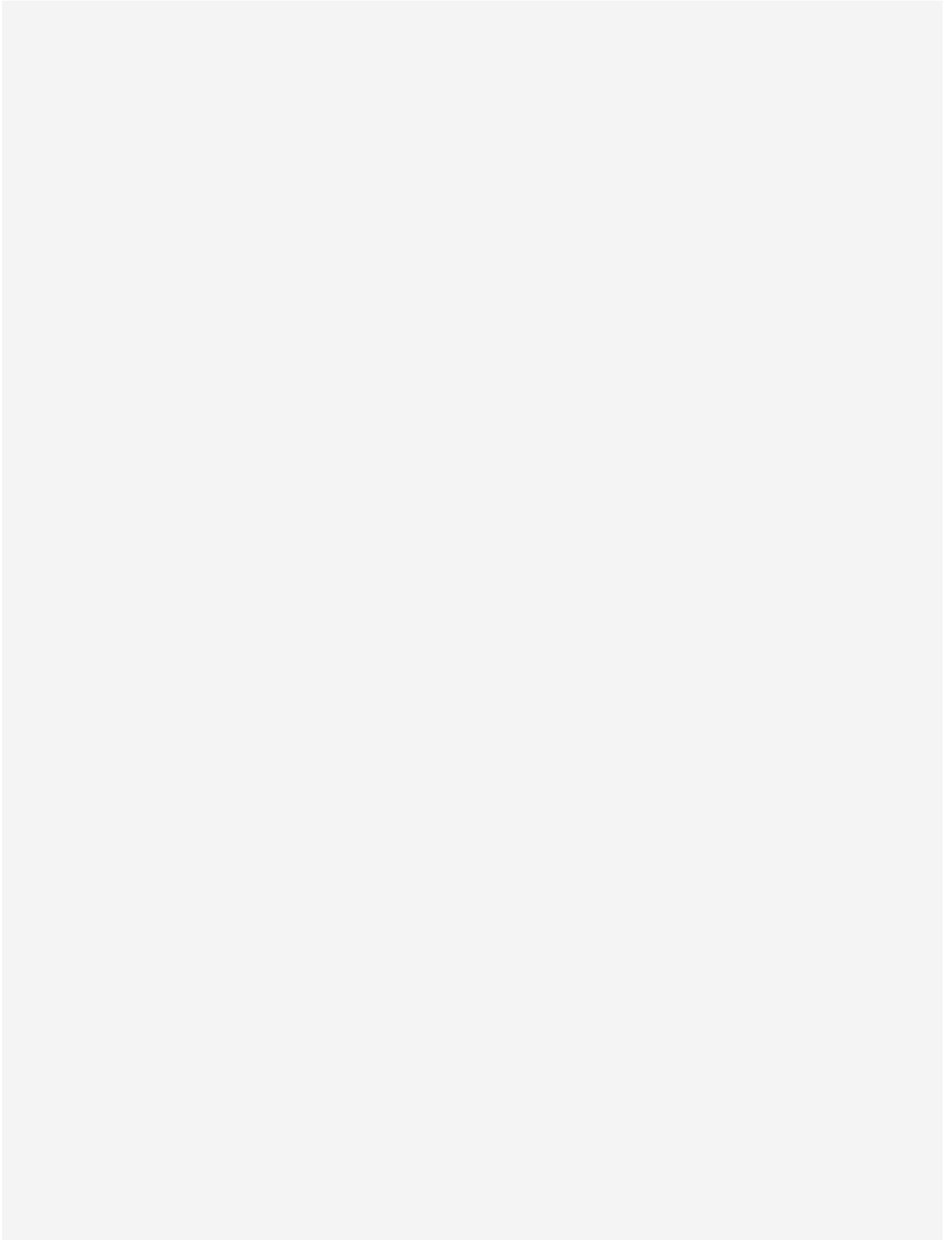


**The secret of
getting ahead is
getting started.**

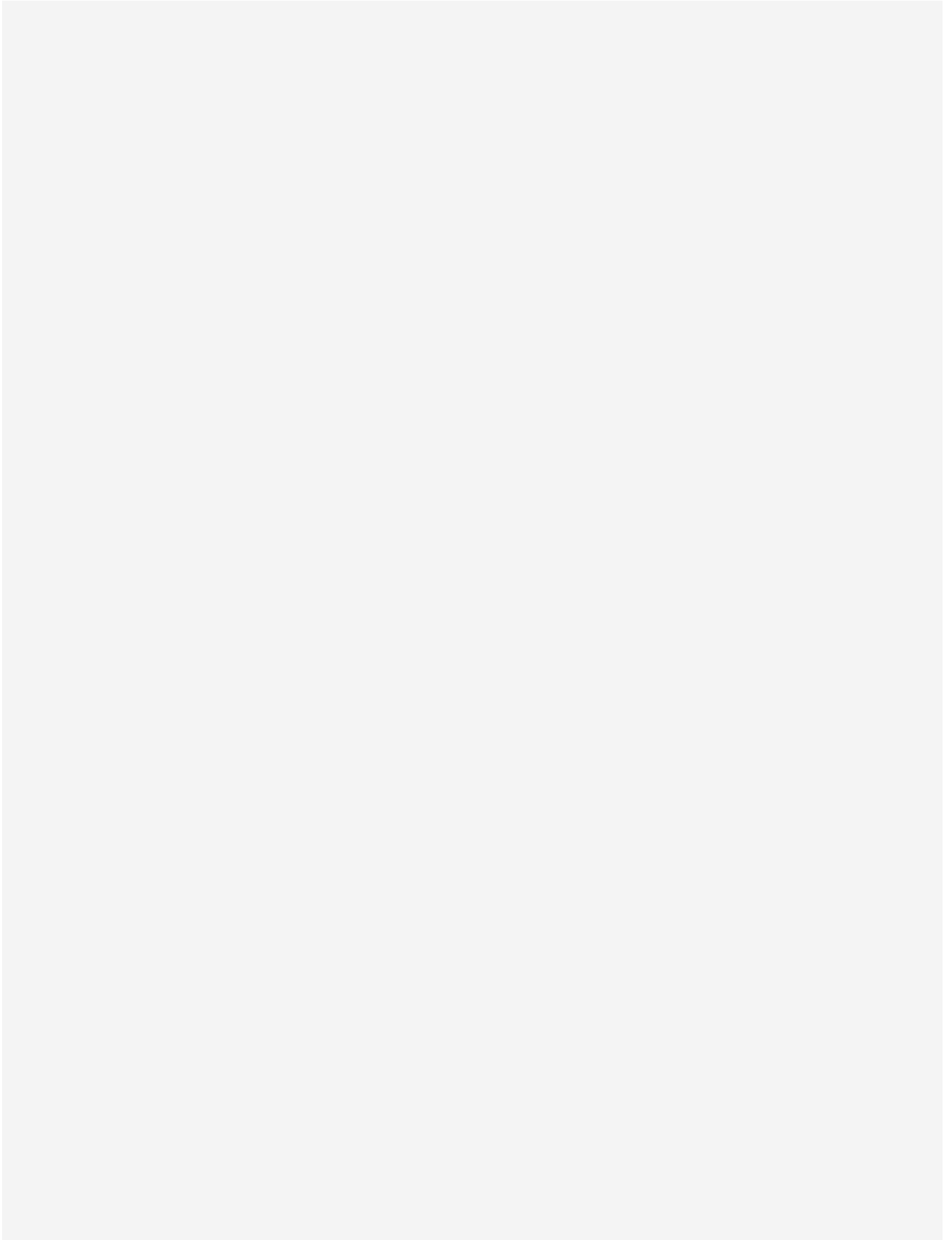
— Mark Twain



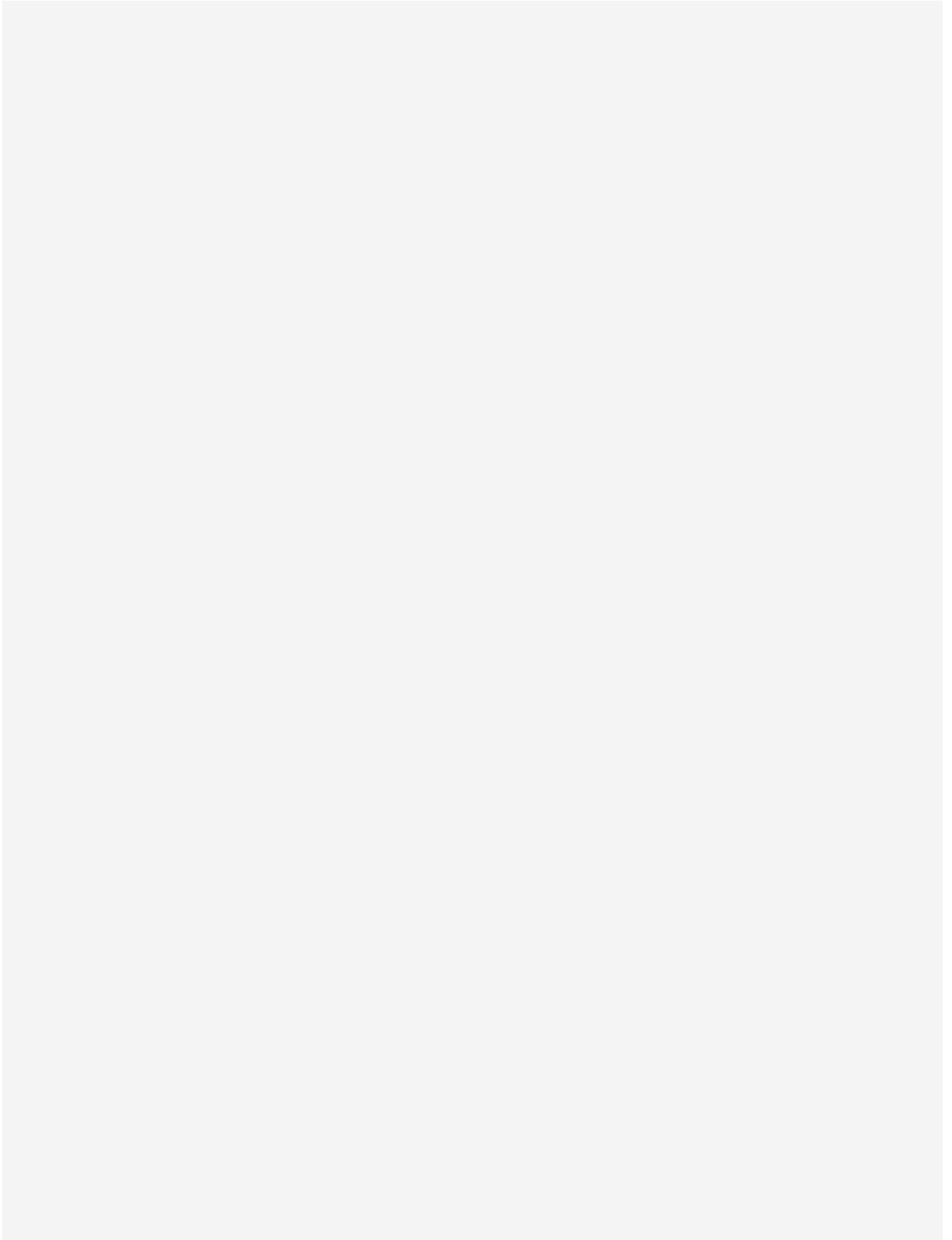
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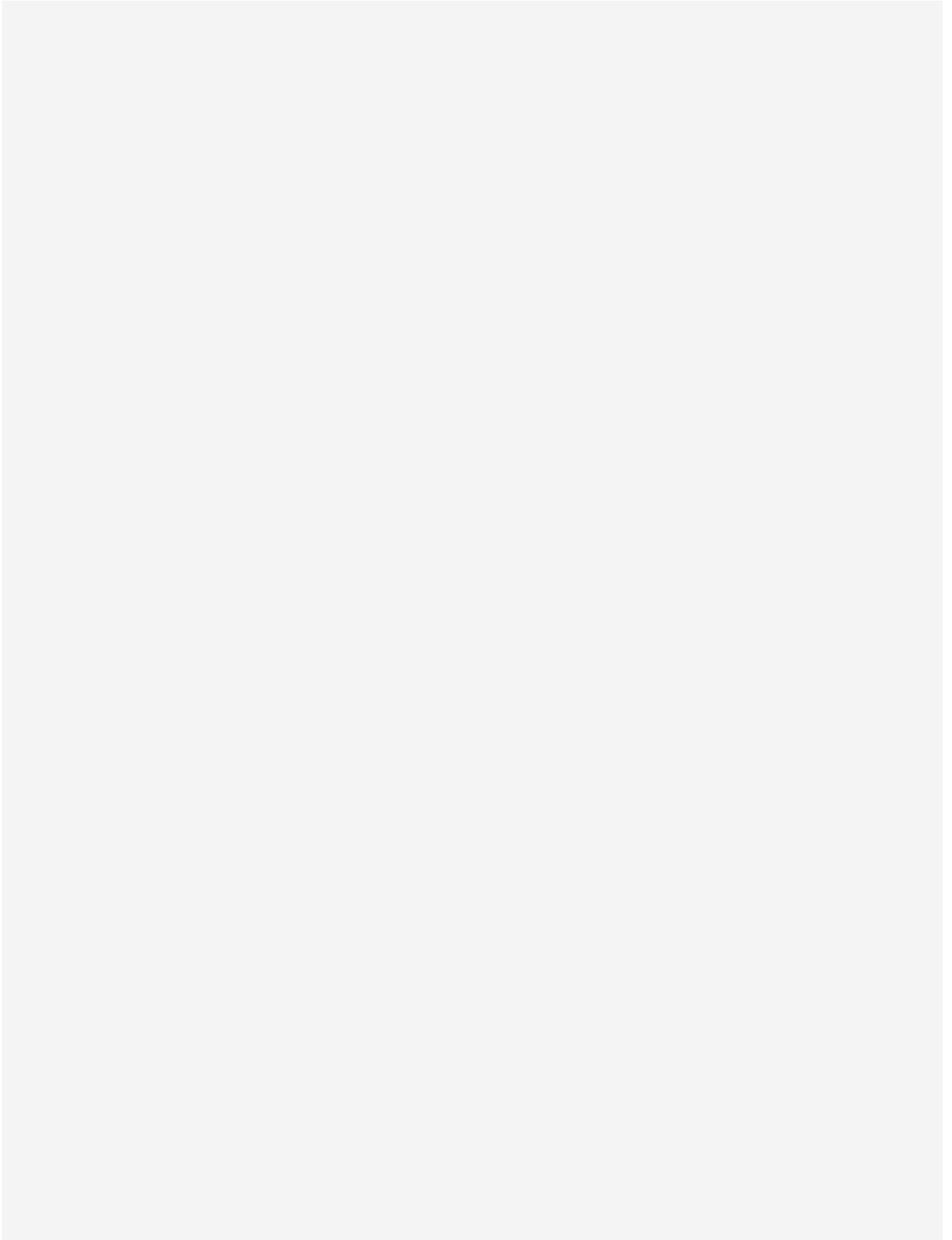
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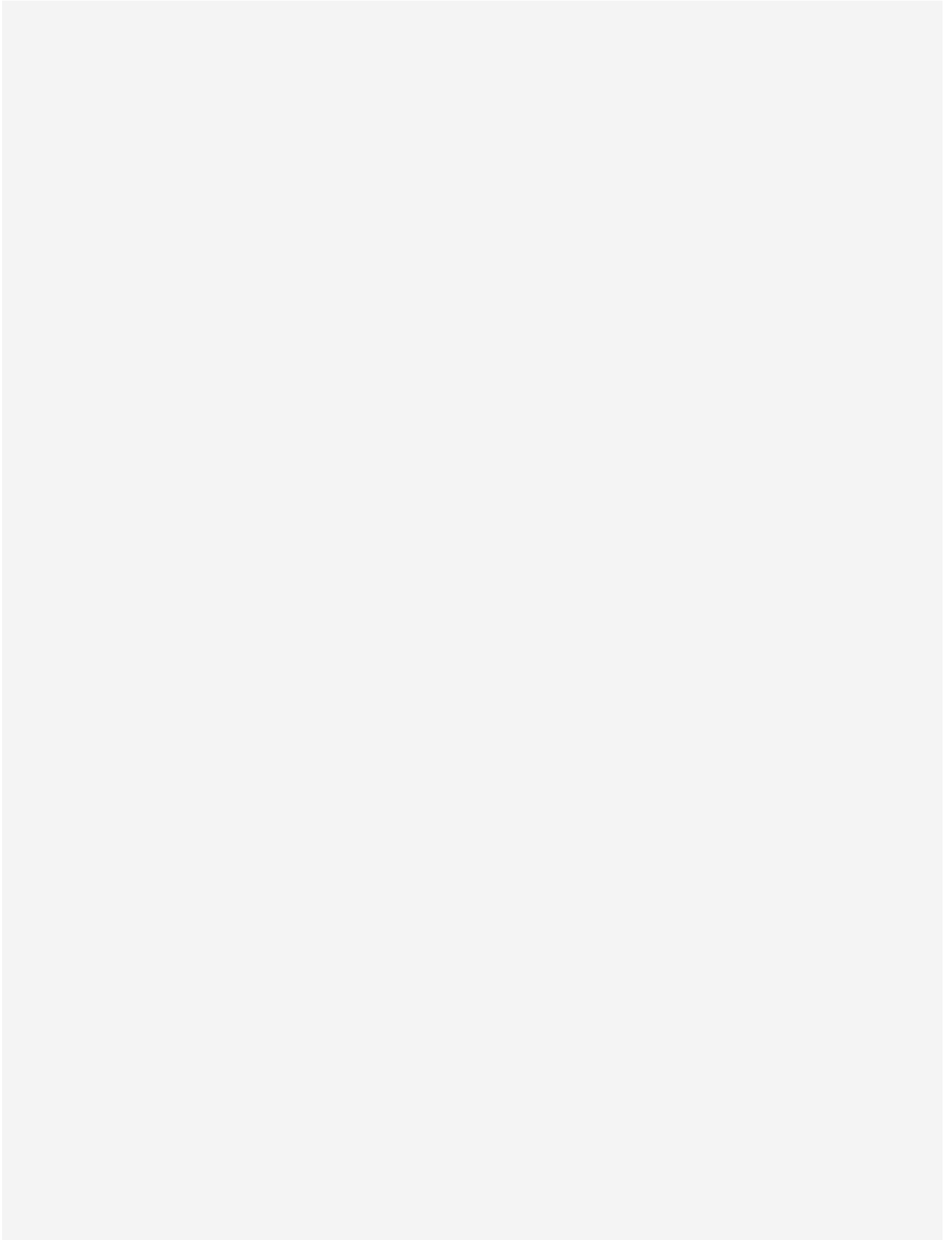
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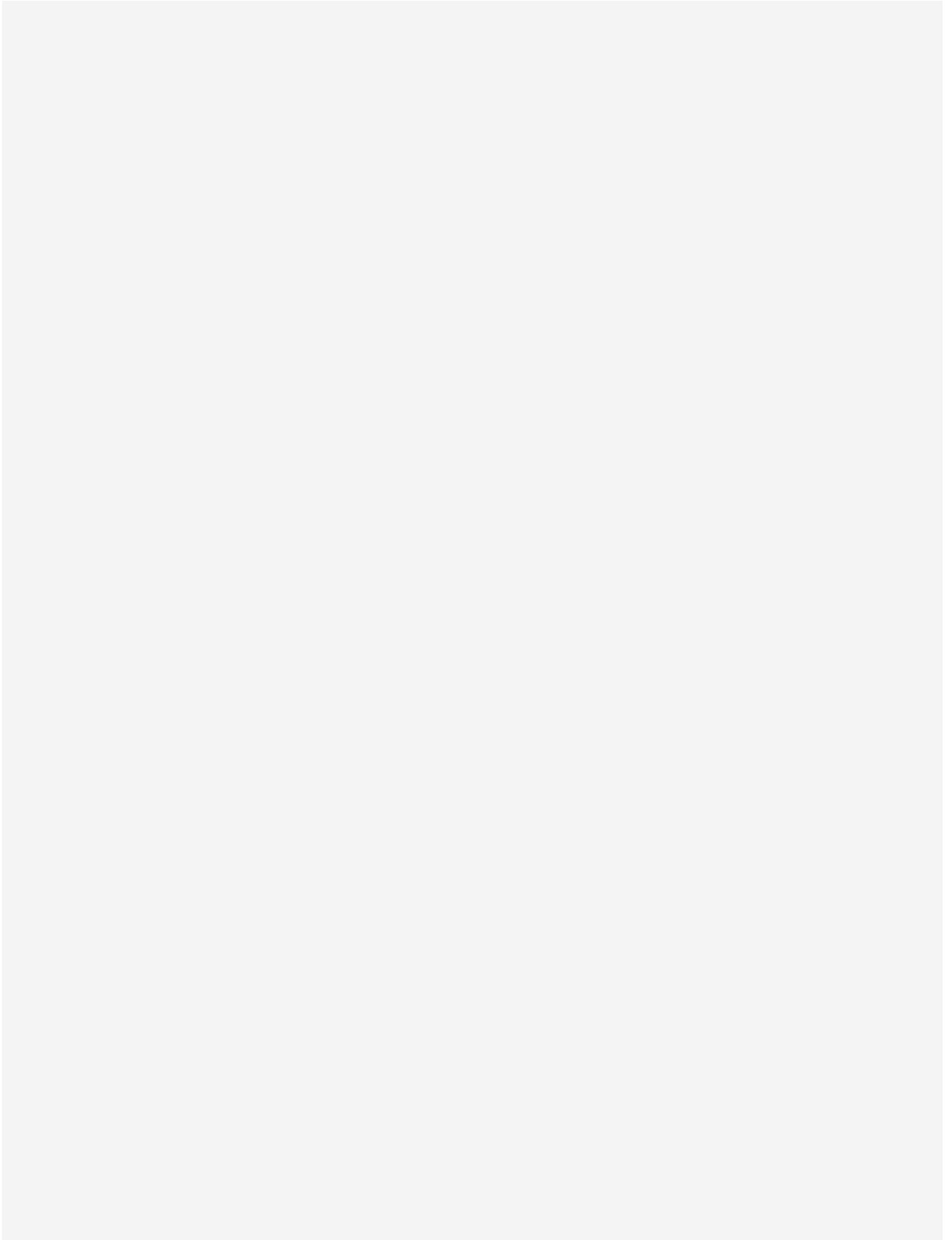
Notes:



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