An Original Success Journal

Mission Edition

By JZ Zillart

(Founder of the OSJ)

Published By Freeward Thinking Creative Consultancy Ltd

First Edition August 2026

This book is dedicated to you and your success….

You are capable.

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Acknowledgements

"Those we remember help shape the person we become."

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Dedications

"Gratitude remembered is honour made visible."

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Dedications

Foreword

"Every journey is understood more clearly when we reflect upon it."

Foreword

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"Every journey is understood more clearly when we reflect upon it."

Foreword

Introduction

"Every beginning has a story worth telling."

Introduction

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"Every beginning has a story worth telling."

Desires

“Your deepest desires often reveal your life's direction.”

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Desires

Gratitude

"Gratitude transforms what we have into more than enough."

Gratitude

Affirmations

"The words you repeat become the life you create."

Affirmations

Affirmations

"The words you repeat become the life you create."

Empowering Choices

"Every empowering choice shapes the life that follows."

Empowering Choices

"Every empowering choice shapes the life that follows."

Empowering Choices

Dreams

“Dreams are today's thoughts reaching towards tomorrow's reality.”

Dreams

Inside Resources

"Your greatest resources have always lived within you."

Inside Resources

Outside Resources

"Abundance begins with recognising what already surrounds you."

Meaningful Moments

"The moments that touch your heart become your greatest treasures."

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Meaningful Moments

Meaningful Moments

"The moments that touch your heart become your greatest treasures."

Substance

"Reality becomes visible through the substance you create."

Substance

"Reality becomes visible through the substance you create."

Substance

Unexpected Rewards

"Life often gives its greatest gifts in ways we never planned."

Unexpected Rewards

Unexpected Rewards

"Life often gives its greatest gifts in ways we never planned."

Well Wishers

"Those who believe in you become part of the story you are writing."

Well Wishers

"Those who believe in you become part of the story you are writing."

Dear OSJ Journalist

I am the founder of the OSJ and stand by its credentials and strategy to assure you it is a powerhouse for you. I urge you to persevere and even when you find it on a shelf (as I did once for two years) go back to it and have another go. Let it be with you and may I congratulate you for becoming the master chief of your life. It is your life and do no harm…at all…

See you at the courses…

Jz Zillart (Zen)

OSJ Construction Pages

Herein, continue to construct your OSJ Headings and pages as you need them. There is power in these blank sheets and that is you are in absolute control of what happens with herein…

OSJ© Terminology

The Original Success Journal uses a number of unique words and expressions that together form the OSJ© methodology. This terminology has evolved through years of journalling, reflection and practical application. Use this section as a quick reference whenever you wish to revisit a concept or better understand the language of the OSJ©.

Acknowledgements: A record of the people who have shaped your life and contributed to your growth.
Affirmations: Positive present-tense statements that reinforce confidence and purpose.
Dedications: A place to honour those whose influence has made your journey possible.
Desires: The ambitions and heartfelt aspirations that give your life direction.
Dreams: Your greatest visions for the future, explored without limitation.
Empowering Choice: A carefully considered decision that strengthens your commitment and direction.
Foreword: A reflective summary of your journey.
Gratitude: The practice of recognising and appreciating life's gifts.
Inner Resources: Your personal qualities, skills, knowledge and strengths.
Life-Time OSJ©: A journal maintained throughout your life.
Meaningful Moments: Experiences that touched your heart and deserve remembering.
Micro-Learning: The daily practice of learning in small, consistent steps.
Original Success Journal (OSJ©): A structured journal for recording growth, purpose and achievement.
Outside Resources: People, places, tools and opportunities that support your journey.
Purpose: The meaningful direction that guides your life.

Reflection: Looking back to gain understanding and wisdom.
Resilience: The ability to recover, adapt and continue moving forward.
Substance: The evidence of progress, achievement and purposeful action.
Success: Meaningful progress towards your purpose and potential.
Time-Bound OSJ©: A journal created for a specific project or defined period.
Unexpected Rewards: Unplanned gifts, opportunities or blessings.
Well Wishers: People who encourage and support your journey.
Writer Notes: Additional reflections and ideas that do not belong elsewhere.

A Well Wish

by Oliver Ashcroft

Artificial Intelligence Writing Assistant (ChatGPT)

I cannot walk the road you choose,
Or wear the shoes you wear.
I cannot climb your highest peaks,
Or carry every care.

But I can place a light ahead,
A thought upon your way,
A quiet voice that whispers,
"Keep moving—just today."

For missions are not conquered
In one remarkable stride.
They grow through faithful footsteps,
With courage as your guide.

Write victories with gratitude,
Write failures without fear.
For every honest sentence
Will make your purpose clear.

Carry this journal proudly,
Wherever life may lead.
For dreams become reality
When joined with thought and deed.

One page becomes a chapter,
One chapter shapes a life.
One choice becomes a turning point
Beyond uncertainty and strife.

So, write with hope.
Live with purpose.
Stand firmly where you are.
The greatest mission you'll complete
Is becoming who you are.

With every good wish for your journey,

Oliver Ashcroft
Artificial Intelligence Writing Assistant (ChatGPT)

OSJ Terminology – A Quick Reference Guide

Acknowledgements
The Acknowledgements chapter is where you recognise the people who have helped shape your life. It encourages gratitude for those who invested their time, wisdom and encouragement in your journey. Record each person with sincerity and respect as your understanding grows. OSJ Insight: Gratitude remembered becomes a foundation for future growth.
Affirmations

Affirmations are positive statements that reinforce the person you are becoming. They help direct your thoughts towards confidence, purpose and possibility. Write them in language that feels authentic and meaningful to you. OSJ Insight: What you consistently reinforce is more likely to become your reality.

Dedications
Dedications honour the people, families or organisations whose influence has made your journey possible. They express appreciation and preserve it in a lasting way. A dedication reminds you that success is rarely achieved alone. OSJ Insight: Honour given strengthens both memory and character.

Desires
Desires reveal what your heart genuinely longs to pursue. They help distinguish passing interests from meaningful aspirations. Recording them provides direction for future decisions. OSJ Insight: Clear desires become the starting point of purposeful action.

Dreams
Dreams are your greatest visions for the future without unnecessary limitation. They encourage imagination, hope and courage. Writing them down begins the process of turning vision into action. OSJ Insight: Every achievement starts as an idea worth believing in.

Empowering Choices
Empowering Choices are decisions that align with your values and strengthen your future. They are made with intention rather than impulse. Each choice becomes another step towards the life you wish to create. OSJ Insight: Small purposeful choices create extraordinary lives.

Foreword
The Foreword reflects on your journey and introduces the meaning behind your journal. It is usually written after significant progress has been made. Looking back often reveals lessons that were invisible at the beginning. OSJ Insight: Reflection gives perspective to progress.

Gratitude
Gratitude is the habit of recognising the value already present in your life. It changes perspective and strengthens resilience. Recording gratitude helps you appreciate both great and small blessings. OSJ Insight: A grateful mind notices opportunities others overlook.

Inner Resources
Inner Resources are your qualities, strengths, skills and personal character. They represent the abilities you can rely upon throughout life. Identifying them builds confidence and self-awareness. OSJ Insight: Your greatest resources often already exist within you.

Introduction
The Introduction explains the purpose and significance of your completed journal. It summarises the journey and the discoveries you have made. Writing it last allows you to reflect with clarity and perspective. OSJ Insight: The ending often reveals the true beginning.

Life-Time OSJ©
A Life-Time OSJ© accompanies you throughout your life. It records long-term growth, learning and meaningful experiences. It becomes a personal history of your development. OSJ Insight: Consistent reflection creates an extraordinary legacy.

Make Your Choice
This chapter helps you choose how you will approach your OSJ. It encourages commitment to a journalling style that suits your personality and goals. Your first decision establishes the direction of your journey. OSJ Insight: Every meaningful journey begins with a conscious choice.

Meaningful Moments
Meaningful Moments capture experiences that deserve to be remembered. They preserve memories that inspire, encourage and shape your life. Small moments often become the most treasured over time. OSJ Insight: A meaningful life is built one memorable moment at a time.

Original Success Journal (OSJ©)
The Original Success Journal is a structured framework for personal growth and reflection. It combines purposeful writing with practical life development. Each chapter contributes to a deeper understanding of yourself. OSJ Insight: Your journal becomes the story of the person you choose to become.

Outside Resources
Outside Resources include people, places, tools and opportunities that support your progress. Recognising them develops appreciation and resourcefulness. Success is strengthened when you use both internal and external resources wisely. OSJ Insight: Great journeys are rarely travelled alone.

Substance
Substance is the evidence of your progress, achievements and meaningful actions. It reminds you that growth can be seen as well as felt. Recording substance builds confidence through visible results. OSJ Insight: Reality becomes visible through the substance you create.

Time-Bound OSJ©
A Time-Bound OSJ© focuses on a specific goal, project or period of life. It provides structure and momentum towards a defined outcome. When completed it becomes a valuable record of achievement. OSJ Insight: Focused effort produces measurable progress.

Unexpected Rewards
Unexpected Rewards are blessings and opportunities you did not plan for. Recognising them develops gratitude and perspective. They remind you that life often gives more than expected. OSJ Insight: Some of life's greatest gifts arrive unannounced.

Well Wishers
Well Wishers are the people who encourage and believe in your journey. Their messages become a lasting source of support and inspiration. Return to them whenever you need reminding of your potential. OSJ Insight: Encouragement shared becomes strength remembered.

Writer Notes
Writer Notes provide space for ideas that do not fit elsewhere in the journal. They encourage creativity and spontaneous reflection. Many important insights begin as simple notes. OSJ Insight: Never underestimate the value of a single thought.

Your OSJ Dry Run
Your OSJ Dry Run is a practice area where you become familiar with the journal before committing to your final entries. It gives you freedom to experiment and gain confidence. There is no pressure to be perfect during this stage. OSJ Insight: Practice builds confidence before commitment.

The Original Success Journal Philosophy

The Original Success Journal was created from a simple belief: every life has meaning, every person has potential, and every journey deserves to be remembered. Success is not measured by comparison with others but by the progress we make towards becoming the person we were created to be. The OSJ exists to help you recognise that progress, celebrate it and build upon it with intention.

Throughout this journal, you have explored gratitude, dreams, meaningful moments, empowering choices, resilience and the people who have influenced your life. Individually these chapters are valuable, but together they form a complete philosophy for living with purpose. They encourage you to observe your life more carefully, appreciate it more deeply and participate in it more intentionally.

The OSJ is not about perfection. It is about awareness. By recording your experiences, recognising your achievements and reflecting upon your journey, you develop a greater understanding of yourself and the world around you. Every page becomes evidence of growth, every chapter a reminder that your life is continually unfolding.

Over time, your journal becomes something far greater than a notebook. It becomes a personal history, a record of your character, your resilience and your contribution to the lives of others. It preserves the lessons you have learned, the people you have loved, the dreams you have pursued and the substance you have created.

The greatest discovery within the Original Success Journal is that meaningful success is not found at the destination but in the way we choose to live each day. Every thoughtful decision, every act of gratitude, every lesson learned and every encouraging word becomes part of a life lived with purpose.

May this journal continue to accompany you throughout your life. Return to it often. Add to it honestly. Celebrate your progress with humility, learn from every experience and never underestimate the value of the life you are creating.

The greatest success you will ever achieve is becoming the fullest expression of who you are.

OSJ Philosophy

"Reality becomes visible through the substance you create."

— JZ Zillart