

Journaling Tips, Tricks, Hacks

By Bruce Seidman, aka Bruce Coastal
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“Knowledge into Action” for all areas in your daily life!

JOURNALING

WHY DO WE STRUGGLE IN **THAT** HABIT?

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JOURNAL

my life

**YOUR best tool for personal &
business growth!**

Last 4 weeks:

- ◎ **Procrastination**
- ◎ **Time Management**
- ◎ **Accountability**
- ◎ **Journaling**

What's NEXT WEEK?

The unexamined life
is not worth living.

-Socrates

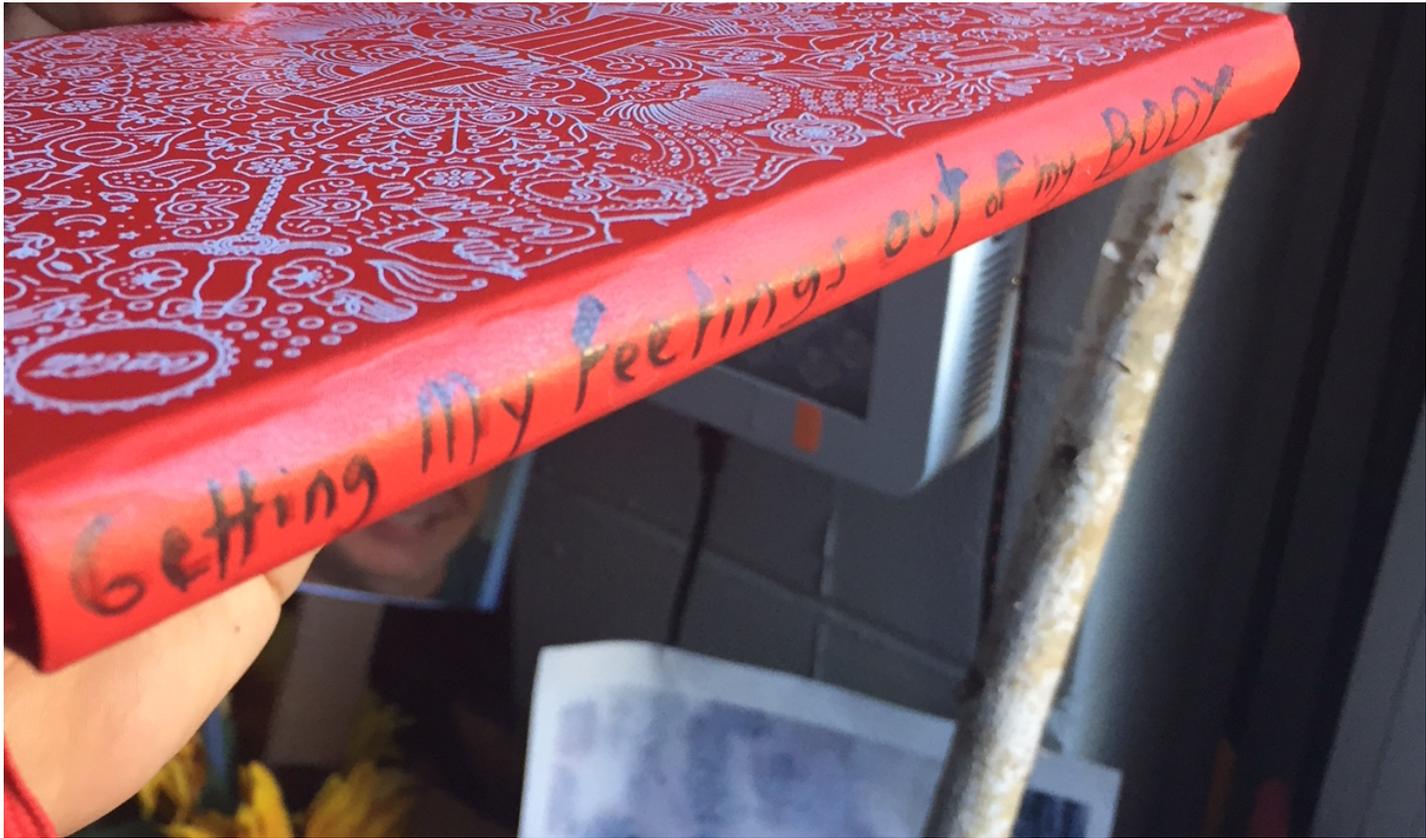
Why Bruce
Journals...also
, I forget the
lessons



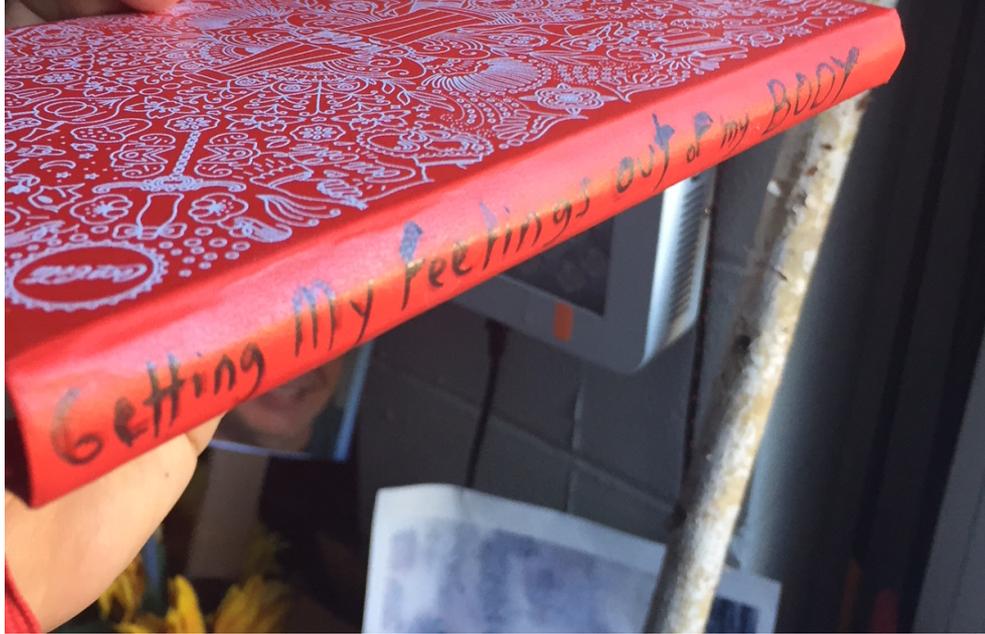
- I find my journaling zone effortlessly every single morning of my life
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- **QUESTIONS:**

- ***If you DO journal, what is the biggest benefit you receive from journaling?***
- ***If you DO NOT journal, what is your biggest obstacle to journaling?***
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Sarcasm is anger leaking out sideways

JOURNAL is a **VERB!**

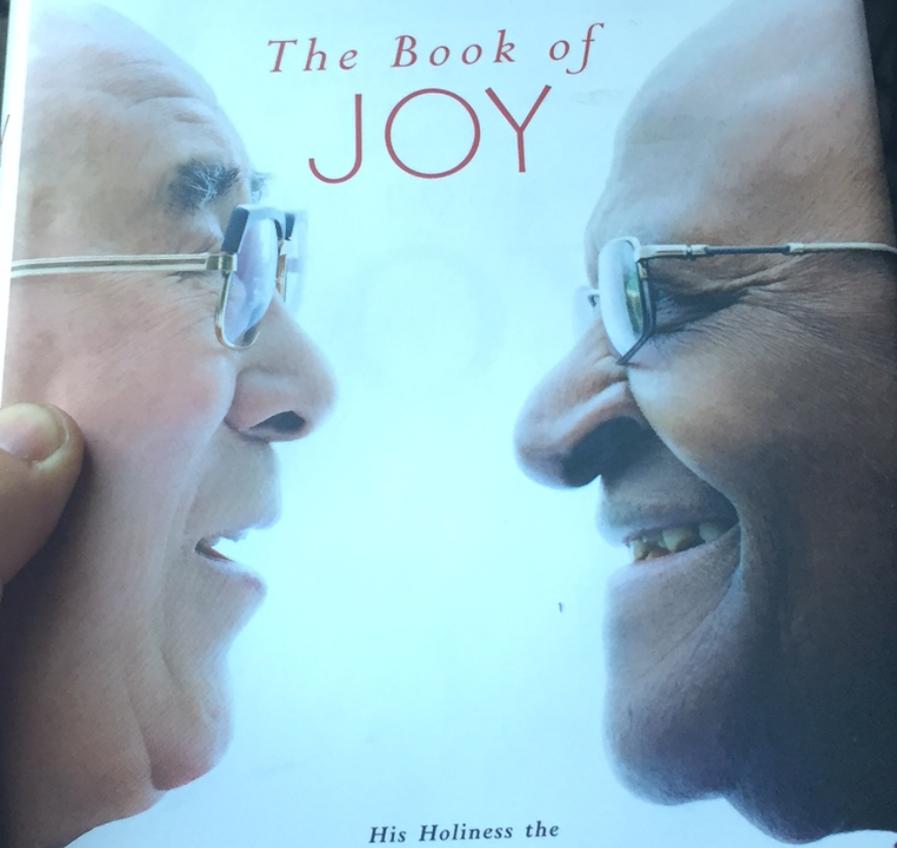
When you **JOURNAL** every (other) day of your life, you will have less anger



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NEW YORK TIMES BESTSELLER
LASTING HAPPINESS IN A CHANGING WORLD

The Book of
JOY



His Holiness the
DALAI LAMA
Archbishop
DESMOND TUTU
with
DOUGLAS ABRAMS

In case of loss, please return to:

Writing in cursive
engages my brain
daily

As a reward: \$ _____

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Growth Path Daily Journaling

Commitments		Actuals	
My Activity Commitments for Today	QTY	My Actual Activities for Today	QTY
Affirmations I will speak aloud today <small>(See page 2)</small>		My outcomes and results of my activities	
I will be strong and effective when...		While doing my activities today I...	1-10
		Felt Worthy, Deserving, Self-Secure	
		Felt Powerful, Capable, Fearless	
		Felt Responsible & Accountable to the Plan	
My Lessons learned today		What I will do differently tomorrow is ...	

Big TAKE AWAY TODAY:

Ah Ha

Idea!



Speak OUTLOUD COMMITMENT
within next 47 HOURS!

Big TAKE AWAY TODAY:

Ah Ha



Speak **OUTLOUD COMMITMENT**
within next **47 HOURS!**

My Goal for our Breakfast Club Community: 99 people by the 3rd Monday in May. Help us build this Community on Monday Mornings! (SHARE, POST, LIVE):

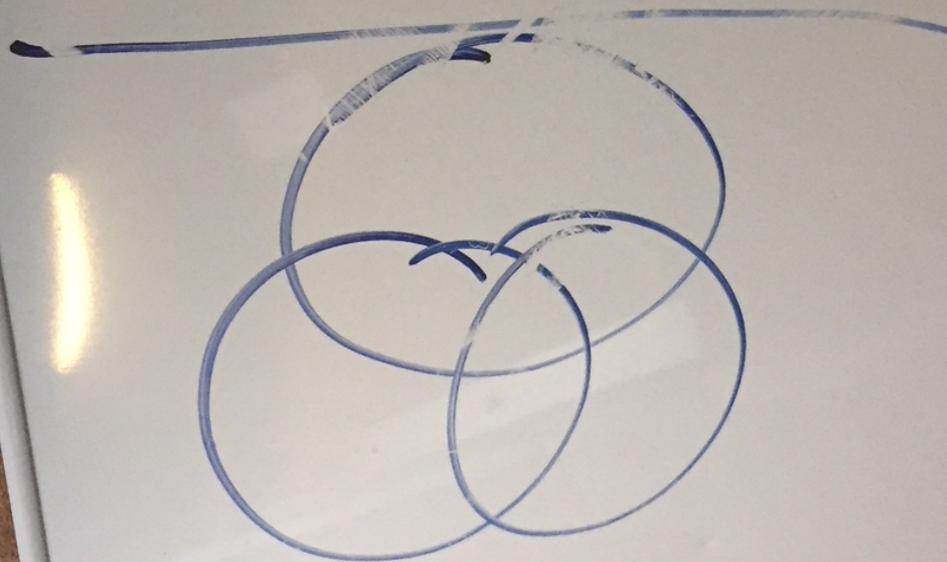
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- ◎ **Journaling**

Humanizing Goalsetting!

To make
a contribution



Online virtual peer team of business owners & professionals dedicated to business & personal growth

The Growth Path



You could go it alone, but why would you?
Join a Growth Path team and start growing!

contact@thegrowthpath.net

“Vital Friends” p.17, by Tom Rath

Have you ever taken a course in friendships? If we have already spent significant time on self-development, is it possible that most of the magic – our room for rapid personal and professional growth – lies in developing our friendships? The real energy occurs in each connection BETWEEN TWO PEOPLE, which can bring about exponential returns.

- *“The number of sales calls it takes to close a sale is determined more by your own belief system than by the customer’s willingness to buy.” – Bruce Seidman*
- *“Keep Your Sales Pipeline Full By Prospecting Continuously. Always Have More People To See Than You Have Time To See Them.” – Brian Tracy*
- *“The Difference Between A Successful Person And Others Is Not A Lack Of Strength, Not A Lack Of Knowledge, But Rather A Lack Of Will.”
– Vince Lombardi*
- *“Motivation Is What Gets You Started. Habit Is What Keeps You Going.” – Jim Rohn*
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