

# Unstoppable Success Journey

# Stay The Course Journal

Weekly Itinerary & Daily Enjoy the Journey Actions

Month: \_\_\_\_\_

Top 3 Priorities for Week		Time	Monday -	Tuesday -	Wednesday -
1		7:00			
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**Monday Date:** R&R Day

Today I am Grateful for:
<b>MMA</b>
<b>ACTION STEPS</b>
<b>STUFF</b>

**Tuesday Date:** R&R Day

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# Success Habit Wins

**Put a star over each day you do this month's success habit actions**

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
16	17	18	19	20	21	22	23	24	25	26	27	27	29	30	31

## 30 Day Journey Review

**Spotlight on Achievements - What are my top 5 Achievements**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**How will I build upon these?**

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**What Did I Learn This Month**

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**What Am I Grateful for This Month?**

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**What Obstacles or Fears Did I Encounter Within?**

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**What Actions Can I Take to Improve**

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**What Didn't Happen and Why?**

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**How Did I Focus on Feeling Good and Enjoy the Journey?**

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