

Journaling Template

Date: _____

Intention: _____

“When you are determining and setting your truest and highest priorities (numero uno) you do not become easily distracted. These highest priorities are more important than anything else that emerges, other than truly unexpected life or career threatening emergencies.”

- John Demartini

Gratitude

- 1 I'm grateful for
- 2 I'm grateful for
- 3 I'm grateful for
- 4 I'm grateful for
- 5 I'm grateful for
- 6 I'm grateful for
- 7 I'm grateful for
- 8 I'm grateful for
- 9 I'm grateful for
- 10 I'm grateful for

Quality Questions

1. What is it that I'd absolutely love to do in my life?

2. How can I get paid to do it?

3. What impact would I love to have on humanity?

ALEX PEREZ

4. What are the 7 highest priority action steps that I can do **today** that will help that impact become reality, fulfill my purpose in life?

Highest priority action steps	Benefits to my Highest Values 1. _____ 2. _____ 3. _____
<input type="checkbox"/> 1	
<input type="checkbox"/> 2	
<input type="checkbox"/> 3	
<input type="checkbox"/> 4	
<input type="checkbox"/> 5	
<input type="checkbox"/> 6	
<input type="checkbox"/> 7	

ALEX PEREZ

5. What obstacles might I run into and how do I solve them in advance?

Obstacle	Action/s

6. What worked today? New Ideas, Reflection on my day. Think of the 7 areas of life: mental, social, familial, spiritual, physical, financial, vocational

- 1.
- 2.
- 3.

7. What didn't work yesterday?

What didn't work	How can I do it more effectively and efficiently?	How did that serve my life purpose?