

# DOWNLOAD PDF HOW TO TRANSFORM YOUR LIFE USING THE 6 STEP PERSONAL SUCCESS JOURNAL

## Chapter 1 : Morning Success Routines That Will Transform Your Life

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As humans we are meant to be creators and makers. It is in our DNA. One of the biggest challenges though is just starting. Because things get in the way as the day progresses. Some people start their morning in chaos. Wake up late and plunge into the day. Dash out the door. No set routines or rituals. That approach to life is a recipe for failure. Successful people have morning success routines that set them up to thrive and flourish. Why are these morning success routines important? According to her research we only so much of it and and it runs out as we use it. So starting your day and applying it to what is important can be the difference between success and failure. But routines can also help you with the following: Nourish your mind and spirit. Give your body the energy it needs to get through the day and thrive. Morning success routines will sustain you when tough times show up. And we all know that they will. Here are some routines from successful people. It was one of my key inspirations to starting my blog and digital entrepreneurs journey. Routine for him is the discipline and ritual to overcome emotions that can ruin his day. Here is his morning routine as outlined in Businessinsider. Meditates for 20 minutes “ He uses a technique called Transcendental Meditation Drinks some strong tea “ His combo is pu-erh aged black tea, green tea, and turmeric and ginger shavings. He adds hot water and lets it steep for one to two minutes. Journals for minutes “ He alternates between a 5 minute journal and a Morning pages exercise. For Tim he knows that the daily routine can change your emotions rather than letting emotions control your day. Twalya Tharp Twyla is a world famous choreographer. Her creations are dance. How does she start her day? This is what works for her. She rises at 5. Walks outside her Manhattan home and hails a taxi. Tells the driver to go to the Pumping Iron Gym where she works out for 2 hours. That ritual is the cab. That is the trigger and the first step where she is committed to the gym habit. She knows that the first steps are hard. That ritual leads to the routine. Then the rest of the day is set up for success. Steve Jobs Steve Jobs kept life simple and eliminated distractions where he could. His morning routine as disclosed in Inc.

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## Chapter 2 : Personal Development program | Life Coaching | Goal Setting - Liferay

*How to Transform Your Life Using the 6 Step Personal Success Journal [Russ McDevitt] on racedaydvl.com \*FREE\* shipping on qualifying offers. This Success Journal is just like having your own personal coach to lead you safely through the pitfalls and challenges of new beginnings into a more exciting and fulfilling future.*

Personal Success happy life , Personal Growth , Personal Success In a busy world, it is very easy to feel as if you are unhappy or in need of self-fulfillment. Maybe you feel as if you do not have enough money, or your relationships are not where you want them to be. The truth is, self-fulfillment cannot always come from material things. Fulfillment is a mindset, and happiness is found when you can reflect and find contentment. Here are 7 steps that you can take to feel more fulfilled and happy right now. Surround Yourself with Positivity A great deal of your happiness can be affected by your environment. If you notice that you spend much of your time with people who have a negative impact on your mood or attitude, it may be time to branch out and connect with people who make you smile and push you toward positivity. Visualize Success Give yourself goals to reach, whether in your personal or professional life. Maybe you want to lose weight, go back to school for a higher degree, or drink more water. Whatever you are wanting to accomplish, you are most likely to be successful if you set tangible goals. After you have set these goals, implement a plan to achieve them step by step, and spend time visualizing what it will take to be successful. Developing a clear vision for your goals makes them more realistic and tangible. A great tool to help visualize your future and focus on your goals is a vision board. Celebrate Your Accomplishments When you achieve success and reach your goals, it is incredibly important to celebrate those wins and reward yourself in some way. Give yourself recognition for a job well done. This can be done by going out with friends for the night, buying that one thing you have been holding off on, spending a day treating yourself or simply doing anything to celebrate that you have accomplished a goal. Take Charge It is often too easy to put others in charge of your own happiness, such as a spouse or friend. The truth is that you are completely responsible for your own happiness and fulfillment. Instead of blaming other people or things for your lack of happiness, take the matter into your own hands and find ways to be fulfilled no matter what comes your way or how others treat you. Being in charge of your own destiny and self can seem challenging, but is extremely rewarding. Help Others A great way to feel fulfilled is to share what you have with others. This can include time, money, or skills. If you are using these resources to benefit others , you are sure to not only help them out, but you will add to your own happiness. Take Care of Yourself Even though it is great to help others, it is vital that you do not overlook your own needs. Give yourself rest when you need it. Lead a healthy and active lifestyle. If you are taking care of yourself, you will be much more able to influence others around you and will feel happier overall. Find the Good While it may seem as if there is little to cherish in your life at times, you must look within and acknowledge the things that are going right. Find the situations and people in your life for which you are grateful, and focus on these. Focusing on the positives will not only help you to feel a greater sense of fulfillment but will also allow you to identify the areas in your life where changes could be made. Self-fulfillment does not happen in one day, it takes time and a conscious effort, but if you follow these steps and take action to change your daily rituals, you can become more fulfilled with the simplicities of your life. Comment below and I will be sure to follow up with you. Summary 7 Steps to Self-Fulfillment Brian Tracy Description Self-fulfillment and happiness is found when you can reflect and find contentment.

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## Chapter 3 : 7 Steps to Self-Fulfillment | Brian Tracy

*Personal Improvement How to Transform Your Life in 6 Minutes a Day Yet most people wake up each day and life pretty much stays the same. If success and fulfillment were measured on a scale of.*

Pin7 29 Shares Do you want to set yourself up for success? Of course, you do—we all want that—most of us strive for happy, successful lives. However, what success means to each of us is a unique and individual thing, based on our specific desires and goals. Forbes recently published an article that highlights some helpful actions that you can take to achieve career success. Make a solid plan. If you want to achieve some measure of career success in your life, you first have to have a clearly discernible and measurable goal to pursue. Defining a clear goal for yourself—one that will potentially deliver happiness and fulfillment when reached—will help you gain a healthy measure of clarity and allow you to carve out the steps necessary to achieve it. Remember, your goals will likely change over time and across the span of your career. The goal is to learn from both and take these valuable lessons to help guide you towards future success. Depression can stop all forward progress in your life dead in its tracks. The Forbes article discusses making the effort to turn your depression into inspiration in order to get yourself back on the path to success: You are going to face setbacks and failures throughout your life, and despite your best efforts they can drag you down into a funk. Fight against it the best you can. Action gives you control, which can make the skies seem a little clearer. Keep away habits, people, and behaviors that will only drag you down. It will also clarify things to avoid along the way—those unhealthy and negative things that only serve to derail your progress. Achieving your professional goals can be a real challenge—in addition to intense competition and hard work, there are a variety of unforeseen setbacks and obstacles that can potentially throw you off track along the way. Even the luckiest and most successful among us face these challenges—the key difference between those who eventually achieve success and those who give up before they reach their goals is often commitment. Put in those extra hours. When you fail, try again. When you get rejected, apply somewhere else. Learn how to communicate with power. Your voice can be a powerful tool as you advocate for yourself in the professional world. Successful individuals in all walks of life make sure they are clearly and confidently articulating their ideas, thoughts, visions, and goals to the world around them, and are constantly their own best advocates, striving to create positive outcomes whenever possible. As you travel along your path to success, make sure you follow the same mindset. Although we each strive to be the architect of our own successful future, we must admit that none of us operate in isolation—we are all part of a collective of individuals whom we support and draw support from, and nurturing these relationships is often a crucial step towards achieving success. They invest time and energy in building mutually-beneficial relationships, and solid bonds and energizing partnerships that last over time.

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## Chapter 4 : 4 Simple Ways to Change Yourself - wikiHow

*As part of your morning creative burst, use your journal to review and hone your daily to-do list. Review and hone your life vision and big-picture goals. Review and hone your life vision and big.*

It occurs when senior leaders, who have been thinking, exploring, and debating about a particular change for a while, finally announce plans for a new initiative. Department of Education project conducted by Gene Hall and his colleagues at the University of Texas that identifies six predictable and sequential concerns people have when they are asked to change. By taking the time to address these concerns, leaders can improve the odds of success for their next change initiative. Are you considering a serious change effort in your organization? Address these concerns "in order" so you can get everyone on board and moving in the right direction. Beat communication breakdown When change is first announced, people will have information concerns. Often, leaders will want to explain why the organization is moving in a certain direction and why the change is a good idea. This is a mistake. Instead, leaders should share information as plainly and as completely as possible. In the absence of clear, factual communication, people tend to create their own information about the change, and rumors become facts. Leaders should prepare to answer questions such as: What is the change? Why is it needed? How much and how fast does the organization need to change? Get personal advertisement Once information concerns are satisfied, people will want to know how the change will affect them personally. The following questions, even though not always expressed openly, are common: Will I win or lose? Will I look good? How will I find the time to implement this change? Will I have to learn new skills? Can I do it? People with personal concerns want to know how the change will play out for them. They wonder if they have the skills and resources to implement the change. These personal concerns have to be surfaced and addressed. The good news is that when people share them openly, their concerns often dissipate. Plan your action If leaders address the first two concerns effectively, people will be ready to hear information on the details involved in implementing the change. At this stage they will be interested to hear how the thinking behind the change has been tested. They will also want to know where to go for technical assistance and solutions to problems that might arise. Leaders should be prepared to answer questions such as: What do I do first, second, third? How do I manage all the details? Where do I go for help? How long will this take? Is what we are experiencing typical? How will the organizational structure and systems change? Is the effort worth it? Is the change making a difference? Are we making progress? Are things getting better? The focus is on evaluation. The good news is that if leaders have done a good job up to this point, this is the stage where people will sell themselves on the benefits of the change based on the relative merits of the results to be achieved. Be prepared to share early wins and proof that the change is making a positive difference. Collaborate smartly With some evidence that the change is moving the organization in the right direction, momentum starts to build. Leaders can look forward to questions and ideas focused on coordination and cooperation with others. A solid nucleus of people in the company will want to get everyone on board because they are convinced the change is making a difference. At this stage, leaders can look forward to questions such as: Who else should be involved? How can we work with others to get them involved in what we are doing? How do we spread the word? How can we improve on our original idea? How do we make the change even better? Refinement questions are a good sign and show that the people in the organization are focused on continuous improvement. During the course of any organizational change, a number of learnings usually occur. Take advantage of new opportunities for organizational improvement that often come to the surface at this stage. Give your next change initiative its best chance Take time with your next change initiative. Do it right and you can drastically increase your chances of success. But rush through the early stages and, like so many others, you might find yourself derailed as many of these concerns surface later in the project, killing momentum when it is needed most. People who help to plan the battle rarely battle the plan. This will allow people to refocus their energy on what needs to change and what they can do to help make the change

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successful.

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## Chapter 5 : Transform Your Life By Transforming Your Habits - Darius Foroux

*Use your imagination. Next step after getting rid of negative thoughts is to use your imagination. When things go well, you are full of positive energy, and when you are experiencing difficulties.*

Will Durant not Aristotle said it best: Mediocrity is a result of mediocre habits. That means we can go from mediocrity to excellence by changing our habits. But how do you do that? Before we get into that, I want to clarify my statement: Habits change your life, but they do not guarantee success. We get it, Elon Musk sleeps 2 hours a day and eats Cheerios for dinner—or something like that. Waking up early, working hard, and taking cold showers do not cause success. I talk about changing our actual behavior so that it improves the quality of our lives. The reason is that only YOU can decide what a good habit is. Too often we hear about something, and we think: Should I wake up an hour earlier? Should I take cold showers? Should I eat like a cave person? Should I run every day? Maybe waking up early is actually helpful to you. When I wake up early, I behave like a grumpy old man who hates people—that deteriorates the quality of my life. Just ask yourself this: So you can do what? What are your goals? I need to learn every single day so I can do my job better. I do strength training because I want to be a useful person. I do many chores around my house and the office. I want to make and fix things. I need to be in good shape to lift heavy things or do strenuous tasks. And then, adopt habits that bring you closer to the things you want in life. It was something I tried to do for years. There were many reasons I failed, one of them is that I always tried to form a million habits at the same time. I feel like reading more, writing more, working more, living better, eating healthier, you name it. In general, when you do too many things at the same time, you end up with chaos. And you always end up right back where you started. One of the reasons we try to do so many things at the same time is that we overestimate ourselves. We think we can achieve a lot in a short period. We can achieve A LOT over a long period. So focus on one thing at a time. Set the bar very low We often want to do big things, without understanding it. Starting a business or building a career requires effort. Similarly, before you change the world, change yourself first. Build a strong foundation. Without it, we can never achieve anything meaningful. Want to run daily? Want to write a book? Want to start a business? Want to read two books a week? Read one page a day. Want to save for your retirement? Big things follow by themselves. Use checklists I forget everything. I messed up very often in the beginning. I would read for five or six days straight, and then all of a sudden, I would completely forget about it. You want to do something. And then you forget about it. Check off your habits daily. Now check your email to confirm your subscription. There was an error submitting your subscription. Your best email No spam. Unsubscribe anytime you want. Not a member yet? First Name Email Address We use this field to detect spam bots. If you fill this in, you will be marked as a spammer.

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## Chapter 6 : How to Make a Journal of Your Life (with Sample Entries)

*Depending on your goals, these boundaries will comprise your personal "mission statement"â€”capturing the priorities and steps needed for you to learn, grow, and move forward toward career success.*

I was working in a job I had come to hate and was ready for the next chapter in my life. After doing some reading, I became convinced that the key to living that next chapter of my life might be recording this chapter and envisioning the future using pen on paper. Journaling could be the key to progress. Sure, my actions are the true drivers of success, but my writing of reflections, to-do lists, and more help me move along the right path. If you want to see for yourself how important journaling can be to your success, try using your journal the way I use mine. Here are several ways you can use your journal. Record daily events for later reference. Carry your journal everywhere. Have a few minutes at the cafe between meetings? This is related to recording daily events. Break down future goals and next steps into actionable to-do lists. I rarely forget my journal. Arm yourself with words of wisdom. These quotes are great fodder for the compost pile that is your journal. Capture those brilliant ideas as soon as they occur to you. The trick to acting on great ideas? Writing them down as soon as you come up with them. We often forget our ideas unless we write them down quickly. Take notes on things you read, hear and watch. Note the highlights when reading a book for personal development or watching a TED Talk to learn things related to growing your business skills. Affirmations can be powerful psychological tools to empower you. A personal favorite is: Tell yourself what you want to move past with "Let It Go" lists. Put some intentionality into your networking with lists of people you want to meet. Later, I can dig deeper and do some outreach. Make lists of memories or funny things your loved ones say and do. I keep a list of things I hear my boyfriend say in his sleep. He talks a lot in his sleep. Write down questions to reframe the problems that plague you. Instead, you might ask "How can I keep a constant flow of money coming in? Draft content for product or marketing purposes. Begin outlining the topics you want to cover in your ebook or next LinkedIn post. Follow her on Twitter or connect with her on LinkedIn.

## Chapter 7 : 6 steps to set yourself up for career success

*Use your journal to understand your growth. Every once in a while, read over what you have written in your journal over the past few weeks or months. Flip through the journal entries that you wrote years ago.*

## Chapter 8 : 13 Ways to Use a Journal to Grow in Success | HuffPost

*As humans we are meant to be creators and makers. It is in our DNA. One of the biggest challenges though is just starting. Beginning. Because things get in the way as the day progresses.*

## Chapter 9 : How To Transform Your Life - Home

*The success journey is the process of working through each step to arrive at the next one, with each step motivating and inspiring you to press on without fail.*