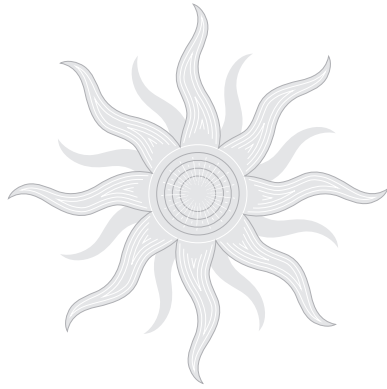




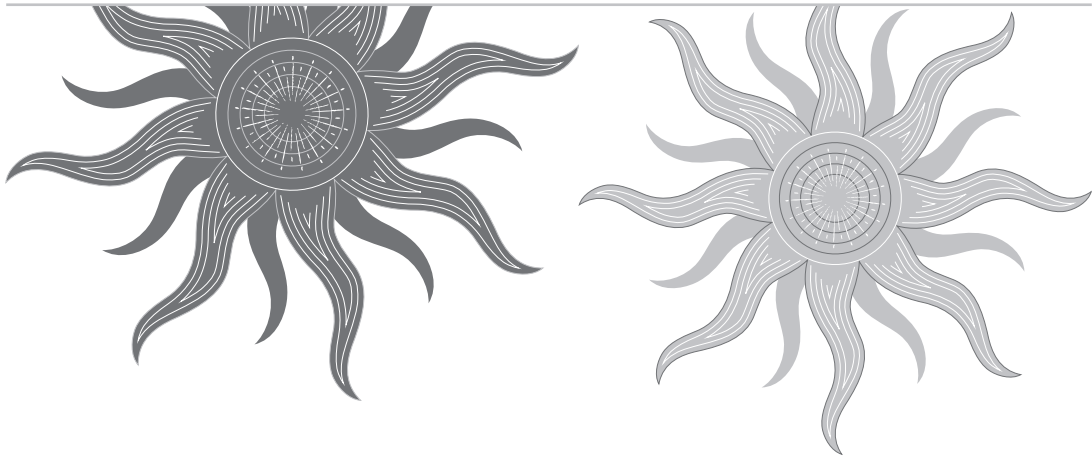
Empowerment
&
Achievement

Journal





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Journal



N i k k i M c G o w a n

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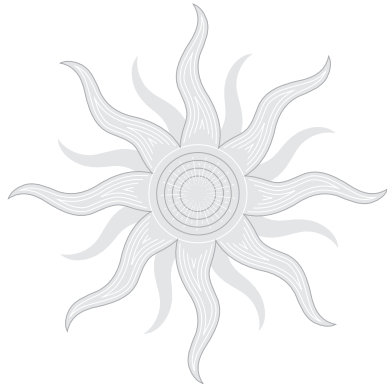
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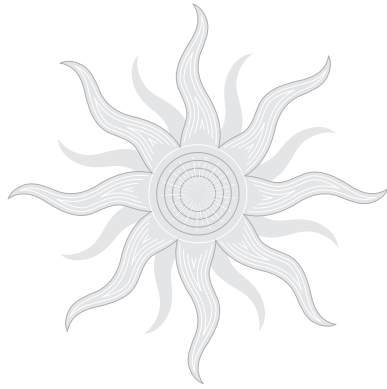
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*This book is dedicated
to the every single person on this planet.
Together, we can change the world.*



*Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that most frightens us.
We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous?
Actually, who are you Not to be?
You are a child of God.
Your playing small does not serve the world.
There is nothing enlightened about shrinking so that other people will not feel
insecure around you.
We are all meant to shine, as children do.
We were born to make manifest the glory of God that is within us.
It is not just in some of us;
It is in everyone
And as we let our own light shine,
We unconsciously give others
Permission to do the same.
As we are liberated from our own fear,
Our presence automatically liberates others.*

—Marianne Williamson



Introduction

Dear Achiever,

This journal will help you achieve everything you want in life. We are great at wishing and dreaming. This journal transforms your wishes and dreams into *goals*.

What is the difference between wishes and goals?

GOALS ARE ACTION-DRIVEN, concrete, and attainable. Goals get completed. Wishes and dreams are action-less and intention-less. They never get done; their complete existence depends on lack of goal setting and commitment.

However, all goals *begin* as wishes and dreams. It takes courage and decisive action to *transform* them into goals.

Goals change your life.

WHAT THIS JOURNAL has beautifully set up for you is a process of identifying your goals in five categories of your life:

☀ *Personal*

☀ *Career*

☀ *Fitness*

☀ *Financial*

☀ *Contribution*

This journal is 90-days long. Commit five minutes every morning to filling it out. Five minutes a day for 90 days is going to change your life. Think critically about what you want in your life. Write it down. Begin a daily practice of breaking your larger goal into smaller, daily achievable goals. Achievement is about daily habit, whether your focus is to become an Olympian, start a business, or own a yacht to sail around the world.

The most important thing you must remember is:

ALL DREAMS ARE ACHIEVABLE

THIS JOURNAL BEGINS with setting your 90-day goal in each category. Write what your goal is for each category, and WHY you want to achieve it. Make sure your 90-day goal is realistic for a 90 day (or shorter) completion.

Every category MUST be filled out. It's normal to have one or two categories be a little tough to fill out; do your best. Each section affects every other section, and the purpose of this is to have a well-rounded and all-inclusive life. Fill out every section of your journal, every day.

After your 90 day goal, write in your 30 day goal. Make sure it relates to your 90 day goal, and make it realistic for 30 days.

Write in your weekly goal next. Make this goal realistic and achievable for the week.

Lastly, write in your goals for the day. What simple thing can you accomplish today that will help you get to your ultimate 90-day goal? Is it studying an extra 15 minutes for your semester final? Is it cancelling a credit card? Scheduling an appointment? Calling your mom? Booking your dream vacation to Greece? Write it down. Write exactly what you are going to do to get it done today. Be clear and specific. What you ask for is EXACTLY what you will receive.

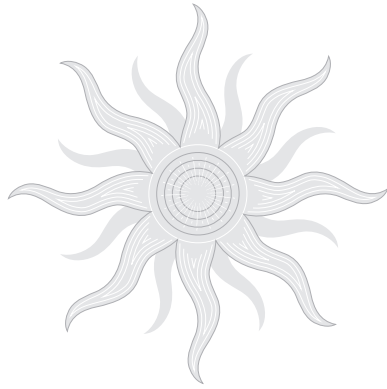
The next step is adding a star (★) to up to only TWO goals for that day that will make you feel the most satisfied at the end of the day when you accomplish them. This is really important. It helps you maintain your focus on the things that are the most important to you, and to focus on only one thing at a time. This will make you the most productive. Remember: *only* star one *or* two daily goals!

The second aspect of this journal is actually the most important and life changing. Every day, write down the five things you are grateful for.

Your gratitude entries actually are the first thing you will fill out every day. That is how important gratitude is. Whatever it is you are grateful for in your life, you **WILL** get more of. Every day your gratitude entries must be different. No two can be alike. Begin *every sentence* with the *handwritten* words: “I am grateful for...”

When you achieve a goal, express your gratitude for it. Write why you are grateful for it. If you complete a 90-day goal before 90 days are up, SET A NEW GOAL.

At the end of ninety days, see how much your life has changed, and how much you have accomplished with a grateful heart!



"If you can, you must."
—Baron Baptiste

Date: _____

90 Day Goal



Personal:

why:



Career:

why:



Fitness:

why:



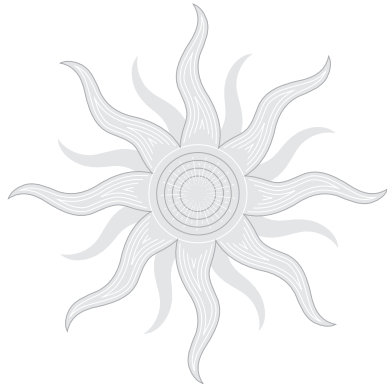
Financial:

why:



Contribution:

why:

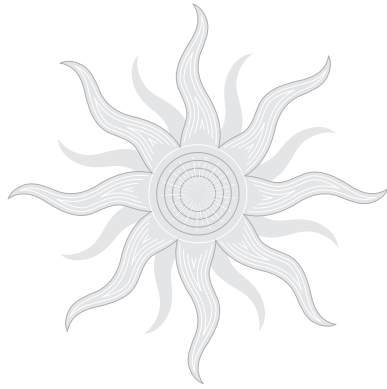


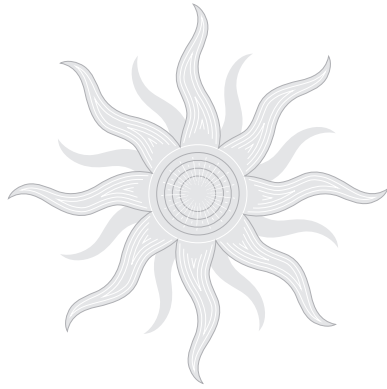
Personal Letter

WRITE A LETTER to yourself as if it is 90 days from now. Speak about the last 90 days and where you are right now; comment about your experience and commitment to this program. For example, I would write, “Dear Nikki, I am so grateful you committed to and completed this program. I am so proud of you for reaching your goals in each category. You showed great resilience and self-worth throughout. In the last 90 days you have (fill in completed goals). You are now (list what you want to see in your life as if it is the present).”

Make sure to write about each category of goals you have. And write about how it makes you feel to have completed and achieved these goals.

When you are complete with this letter, don’t read it until you have completed your 90 days. When you are finished, come back and reread this letter. Acknowledging yourself is powerful.





*"This is who we really are. We are one blink
of an eye away from being fully awake."*
—Pema Chodron

Date: _____

30 Day Goal



Personal:



Career:



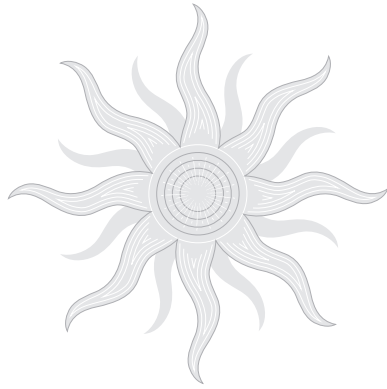
Fitness:



Financial:



Contribution:



You opened two gifts this morning: your eyes.

Date: _____

Goals for This Week



Personal:



Career:



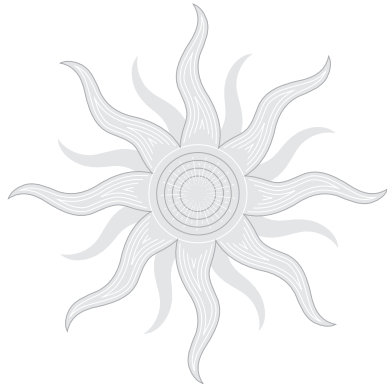
Fitness:



Financial:



Contribution:



"The moment you accept yourself, you become beautiful."

—Osho

Date: _____

Today I Am Grateful For:

- 1.) _____

- 2.) _____

- 3.) _____

- 4.) _____

- 5.) _____

Today's Goals

-  *Personal:* _____

-  *Career:* _____

-  *Fitness:* _____

-  *Financial:* _____

-  *Contribution:* _____

Date: _____

"It takes as much energy to wish as it does to plan."

—Eleanor Roosevelt

Today I Am Grateful For:

- 1.) _____

- 2.) _____

- 3.) _____

- 4.) _____

- 5.) _____

Today's Goals

-  *Personal:* _____

-  *Career:* _____

-  *Fitness:* _____

-  *Financial:* _____

-  *Contribution:* _____

*"People most often say motivation doesn't last.
Well, neither does bathing.
That's why we recommend it daily."
—Zig Ziglar*

Date: _____

Today I Am Grateful For:

- 1.) _____

- 2.) _____

- 3.) _____

- 4.) _____

- 5.) _____

Today's Goals

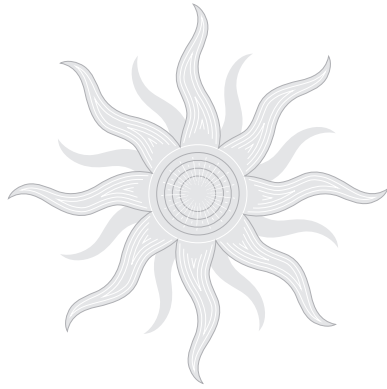
-  *Personal:* _____

-  *Career:* _____

-  *Fitness:* _____

-  *Financial:* _____

-  *Contribution:* _____



Congratulations!

YOU HAVE COMPLETED your 90 day journey to empowerment and achievement!

Go back and read the letter to yourself at the beginning of this book.

I acknowledge you for being fitter, healthier, wealthier, and more aware of your own wants and desires and *acting on them*. I also acknowledge you for being for others in your life, and coming from a space of connectedness with those around you. Without others, we cannot be.

Acknowledge yourself and your commitment to your amazing life and the work you put in to making it great! Take the time to celebrate your accomplishments. Celebrating even the smallest victories in life is good for you, so take the time to celebrate this.

By committing to your goals and living the life you have always imagined, you give everyone else on this planet permission to do the same. In this way, you have profoundly helped move this planet forward by leaps and bounds.

By now I hope you see how much gratitude changes your life, and how your focus has completely changed for the better. The things you give attention to proliferate. Any attention equals growth, so continue to focus on all the great things you have created for yourself, and *THRIVE!*

This journal is intended for you to complete again and again, as many times as you wish, as few times as you wish.

You have the incredible power to change your life again,
and again, and again. You are infinite.

No matter how big your goals are that you have accomplished,
as soon as you are clear of those goals, set new ones. Keep living.
Keep thriving. Keep creating.

This is the life you are meant to live.



