



# EVENING SUCCESS JOURNAL

Week of:

## TASKS THAT ABSOLUTELY MUST BE DONE TODAY

1. A moment that I really appreciated today was...

2. A situation or task I handled well today was...

3. Something I realized or learned today was...

4. Something that could have helped me feel more connected to others today would have been...

5. If I was my own high performance coach, I would tell myself this statement about today...

## Daily Habits Scorecard: Give yourself a score of 1-10 on the following statements (10 being the highest)

Clarity:	I knew my "why" and lived intentionally today.	1	2	3	4	5	6	7	8	9	10
Productivity:	I worked on things that mattered most today.	1	2	3	4	5	6	7	8	9	10
Energy:	I managed my mental and physical energy well.	1	2	3	4	5	6	7	8	9	10
Necessity:	I felt it was necessary to be my best and made success a "must"	1	2	3	4	5	6	7	8	9	10
Courage:	I shared my real self, thoughts and feelings today.	1	2	3	4	5	6	7	8	9	10
Influence:	I guided or treated others well today.	1	2	3	4	5	6	7	8	9	10

## NOTES