

DAILY DEVELOPMENT PLAN

What I Want: _____.

Why I want it: _____.

Read the Mindset Commitment: *"I have the power to create the life I want by taking full responsibility for my life, choices, and results. I embrace challenges. I persist in the face of setbacks. I see effort on the path of mastery. I learn from criticism. I find lessons and inspiration from the success of others."*

☐ *Pause, and think about how you will apply that commitment to your life today.*

Daily Development:

Read/Audio/Podcast: _____ for _____ minutes.

Exercise: _____ for _____ minutes.

What I'm learning (or quote): _____.

Goals:

Daily Goal: _____.

Yesterday's Major accomplishment: _____.

Write 3 Things Your Grateful for Today:


Habits: Remove what's inhibiting growth. Add what you need to get what you want.

- ☐ I commit to 30 minutes of exercise at least 3-5 days a week.
- ☐ I commit to reducing/eliminating the following today (sugar, alcohol, tobacco).
- ☐ I commit to drinking more water, and reducing/eliminating energy drinks.
- ☐ I commit to getting good sleep: Go to bed early. Limit blue light 1 hour before bed.
- ☐ I commit to put my phone away (after work hours?) & stop endlessly scrolling.
- ☐ I commit to reading 1 book from themindsetmission.com book list.

The Six laws of Becoming - Add to your growth mindset and anything is possible.

- ☐ Define My Vision – What Do I want? _____
- ☐ Take 100% Responsibility to accomplish it.
- ☐ Get Laser Focused on my Goals. Organize them in manageable Steps.
- ☐ Find the Greater Purpose – My WHY – for direction and strength to overcome.
- ☐ Continuously develop and create habits that help me get what I want.
- ☐ Take decisive action.

: If you have time, recite the Mindset Commitment & read for at least 15 minutes before bed.

: Consider taking the 30-Day Mindset Challenge #30daymindsetchallenge © themindsetmission.com

Today's Journal Entry

Date: _____

My thoughts & Challenges:

My ideas:

My inspirations & aspirations:
