Daily Success Habits That I'm Committed to

Remember, We Become What We THINK About. This Practice Allows Us To Control And Guide Our THOUGHTS, And Thereby, Our FEELINGS. The TRUTH Is Our "Vibration" Is Everything! And, ASSUMING The Feeling Of The Wish Fulfilled "NOW" Is The Secret! Sandy Gallagher Puts It Beautifully, "Feed Your Mind With What It Needs To Produce The Outcomes You So Desire."

Activities	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Gratitude (8 Min) – Do It Upon Rising and Before To Bed							
Visualization (2x) (10 Min) – Do It Upon Rising & Before Going To Bed							
Mirror Work (2 Min) – Do It Upon Rising (throughout the day)							
Study TIR Lesson (2x) AND Complete OR Review TIR Lesson Worksheet (1x)							
Affirmations (Throughout The Day)							
Goal Card (Throughout The Day)							
Listen to Your Self-Image / Power Life Script – (2x) Whenever You Can							
Write Down 6 Goal-Achieving Activities – Do It The Night Before							

On a scale of 1-5, **how would you rate* yourself each day** as far as completing the Daily Disciplines activities is concerned? **Fill in that score** in the table above for each of the activities. Now celebrate that you completed the task and you did your best!

- 5 – I Did An Outstanding Job
- 4 – I Did It As Expected
- 3 – I Did It At An Average Level
- 2 – I Could Have Used More Emotion
- 1 – I Almost Had Or Put In No Emotion

(*Please DO NOT judge, beat or belittle yourself. Simply OBSERVE objectively your **consistency** with as well your **emotional involvement** in these activities while doing them so that you could do better, if needed.)

MIND, BODY & SOUL COACHING
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